SOUP TO NUTS

BY

Nancy Carey

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SOUP to NUTS

A SELECTION OF CHOICE RECIPES

by

Nancy Carey

Michael by C. H. SYKES

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PHILADELPHIA

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An Appreciation

†

This small volume is dedicated, with my deep appreciation, to the HOMEMAKERS *of this land whose fine spirit of co-operation has ever aided me in my endeavors, and from some of whom have come as gifts many of the recipes which appear in this publication.*

*

And to MR. SYKES, *also, do I wish to express gratitude for his untiring efforts to portray small Michael, who is known to so many column readers as the mischievous, food stealing puppy that he was—not many months ago.*

* *
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STRAWBERRY CAKE

2 cups sifted cake flour

4 cups sugar, 3 tsp Baking Powder

Tsp salt

½ cup shortening, 1 cup milk

2 cups strawberries

2 tsp vanilla

½ tsp almond, 3 egg whites

Strawberry icing

Blend together

2 tablesp sugar

1 " " butter

¼ tsp salt

Add gradually ½ cup XXXX sugar

Add 3½ cups XXXX sugar

Add ½ cup strawberries

Spread on cake

APPETIZERS

†

Sardine and Green Olive Canapés

2 small pieces of toast
½ cupful finely chopped beets
1½ dozen green olives—minced
1 teaspoonful lemon juice
1 can sardines
2 tablespoonfuls melted butter
¼ cupful of chopped nuts
Salt and pepper

Flake the sardines with a fork, add olives, lemon juice, salt and pepper. Add chopped nuts and melted butter. Toast bread, butter, then spread with olive mixture. Arrange a narrow border of the beets around the entire edge of the canapé. Anchovy paste may be used in place of the sardines.

* *

Cranberry Cocktail

1 cupful raw cranberries cut in halves
1 cupful sliced pineapple cut in cubes
½ cupful seedless raisins
½ cupful sugar
½ cupful pineapple juice
1 tablespoonful lemon juice

Mix cranberries, pineapple and raisins. Add sugar, pineapple juice and lemon juice. Mix thoroughly and let stand four hours in cold place. If a sweeter cocktail is desired, add more sugar. Serve cold in cocktail glasses.

* *

Peanut Butter Canapé

Cut bread into circles one-quarter inch thick. Spread with peanut butter, top with one-half slice of bacon, and toast under broiler until bacon crisps.

* *

Watermelon Cocktail Cut watermelon into small ball shapes and soak in maraschino cherry juice for at least two hours. Drain, put in green pepper cups. Pack ice around the cups and scatter with small bright candies.

* *

Tomato Appetizer Select one small, firm tomato for each person to be served. Cut a strip a half inch in width for the handle, about halfway down the center on smooth flat side, then cut crosswise on both sides to the handle. Scoop out the pulp in four sections and remove also the pulp under the handle. Fill one section with egg whites sprinkled with caviar, another with riced egg yolks, a third with hard-cooked egg whites, chopped, and the fourth with crab meat. Serve on crisp yellow lettuce hearts.

* *

Turkey Canapés From slices of bread cut turkeys with cookie cutter or with a sharp knife, using paper pattern. Toast bread on one side or sauté in butter. Spread untoasted side with creamed butter or cheese and cover with caviar, chopped ripe olives or chopped mushrooms. Make eyes, wattles and combs with small bits of pimiento.

* *

Avocado Cocktail Cut the ripe avocados in dice. Mix equal parts of lemon juice and tomato catsup with salt and pepper to taste (two teaspoonfuls to each cocktail glass). Pour on diced avocado and serve cold.

* *

Pimiento Canapés Fry circular pieces of white or brown bread cut one-fourth inch thick in deep fat until well browned. Remove from the hot fat to a piece of brown paper to drain and then place on a hot platter near the oven or where they may be kept warm. For each four pieces of bread to be prepared, cream two tablespoonfuls of cream cheese, two tablespoonfuls of pimientos (canned) that have been mashed to a pulp, a few grains of red pepper, a teaspoonful of Worcestershire sauce and five boneless sardines finely mashed. Add salt to taste, spread on the circles of fried bread and place under the broiler just long enough to heat thoroughly, melting the cheese mixture. Then place the little circles on small plates which are in turn placed on a larger plate for serving the first course.

* *

Pineapple Canapés Cut thin slices of bread in fancy shapes. Spread with whipped cream, mixed with shredded pineapple and cottage cheese. Sprinkle with chopped nuts.

* *

Sardine Canapés Toast small oblong pieces of bread slightly and spread with the following mixture. Remove the skin and any bones from a half dozen sardines (large) and work them to a paste with the tines of a fork or bowl of a spoon. Add two tablespoonfuls of lemon juice, a few drops of Worcestershire sauce, a tablespoonful of chopped parsley, a teaspoonful of minced pimiento, four tablespoonfuls of very soft butter and a hard-cooked egg, chopped very fine. When the canapé is spread with this mixture drop two drops of tabasco on each canapé, one drop toward either end of the oblong. Then lay either one small, skinned, boneless sardine down the center of the canapé, or if this is too large, a half or smaller piece of a

skinned fish. Garnish with a bit of parsley, minced, and a tiny strip of pimiento. Sprinkle with paprika and serve as a separate course. Instead of toasting, the bread may be fried in deep fat until a golden brown. This makes a far richer canapé and probably a much more appetizing one.

* *

Mushrooms Hors d'Œuvre

1 can mushrooms
6 artichokes
½ cupful olive oil
½ lemon

Place mushrooms in an earthen dish after removing water. Cover with olive oil and leave for twenty-four hours. Next day prepare hearts of the cooked (or canned) artichokes on a bed of young crisp lettuce. Pour oil off mushrooms and heap them on the artichokes, then sprinkle lightly with paprika. Serve with either a quarter of lime or lemon and hot salted wafers.

* *

Artichoke Cocktail

¼ cupful cream—whipping
¼ cupful chili sauce
¼ cupful mayonnaise
Artichoke bottoms

Beat cream until stiff, beating in mayonnaise and chili sauce. Cut cooked artichoke bottoms in small pieces, mix with dressing, chill and serve in small glasses.

* *

Caviar Canapés

6 slices brown bread—toasted
1 tablespoonful of oil
2 tablespoonfuls caviar
1 hard-cooked egg
2 tablespoonfuls lemon juice
Salt and pepper

Mix together the oil, lemon juice, caviar and seasoning. Butter lightly the hot thin toast, then spread with caviar

mixture. Garnish each piece with a slice of the hard-cooked egg.

* *

Stuffed Celery Wash and scrape celery stalks and cut each stalk in two or three pieces crosswise. Cream together about two tablespoonfuls Roquefort cheese, or any cheese preferred, one tablespoonful butter or cream. Season highly. Spread on pieces of celery and serve cold. The cheese should form rather a thick paste when spread on celery.

* *

"How should I know you had company?"

SOUPS

†

Noodle Soup

1 large soup bone
2 carrots
3 stalks celery
1 turnip
Salt and pepper to taste

Put meat on in lukewarm water and add salt and pepper to taste. Bring to a quick boil, and then let simmer for five hours. Add vegetables cut into small cubes, and boil until tender. Strain meat broth and add it to vegetables; put in noodles.

Noodles

Two eggs, two tablespoonfuls of water; mix in flour for stiff dough and knead well for twenty minutes; roll out in three thin sheets and let dry moderately; roll as for jelly roll and cut fine.

* *

Vermicelli Soup

½ pound butter
2 quarts canned tomatoes
6 onions
1 package vermicelli

Slice six medium-sized onions and add one-half pound butter. Cook until onions are brown; put through coarse sieve; add one gallon of water; put through sieve two quarts of canned tomatoes and add to stock. After boiling a few minutes, add one small package vermicelli; season to taste. Let cook slowly for three hours. This soup is better the second day than the first.

* *

Clam Chowder

1 cupful salt pork
2 raw potatoes
1 tablespoonful flour
1 can clams or equivalent in fresh clams
2 large onions
3 pints milk
1 dash cayenne
1 tablespoonful butter
Salt to taste

Cook sliced onions and finely chopped salt pork in frying pan until done, but not brown; put in kettle in which have been boiled two thinly sliced potatoes, add milk and juice of clams, cayenne, salt and flour creamed in butter. When it thickens add clams.

* *

Oxtail Soup

2 oxtails
3 tablespoonfuls salt
2 turnips
1 stalk celery
4 cloves
3 tablespoonfuls flour
1 ounce butter
3 carrots
3 onions
1 bay leaf
2 slices ham
Catsup to taste

Put oxtails into one gallon of cold water; allow to boil slowly for two hours; skim off again and again; add salt and pepper to taste; add turnips, celery, cloves, carrots, onions, bay leaf and two slices of ham. Boil all gently for one and one-half hours. Take out meat and strain liquor, adding catsup to taste. Rub butter and flour together and add liquor, simmer for five minutes and serve.

* *

Okra Soup

Wash and slice about one-half pound of okra. Peel and cut in pieces four or five medium tomatoes. Put on to cook, with plenty of water and a little salt. Cook about an hour and add two tablespoonfuls of rice. When the rice is done

add soup stock, season and cook ten or fifteen minutes, then serve.

*

*

Force-Meat Balls (For Soup)

Take leftover soup meat or chicken, chop very fine, and season with salt, pepper, parsley, and fried onion; add a little lemon juice and grated peel. Break in a raw egg, sprinkle with flour, roll into balls the size of a walnut. Fry in butter.

*

*

Almond Bouillon

2 pounds beef
3 pounds veal
4 quarts water
1 onion—chopped
1 cupful cream
2 cupfuls ground almonds
¼ teaspoonful fine pepper
½ cupful celery or ½ teaspoonful celery seed
2 peppercorns
2 teaspoonfuls salt or more to taste

Make stock and while meat is cooking add one onion, peppercorns, celery and salt. Strain and add two cupfuls fresh buttered and salted almonds ground fine. Boil three minutes, remove from fire, add one cupful cream and one-fourth teaspoonful fine pepper. Chicken stock may also be used in same manner.

*

*

Cream of Mushroom Soup

½ pound mushrooms
1 teaspoonful salt
3 tablespoonfuls flour
1 quart chicken stock
2 teaspoonfuls butter
½ pint thick cream

Peel one-half pound of fresh mushrooms, reserving the lower part of the stems. Wash the mushrooms and chop very fine. Put them in a saucepan with a quart of chicken stock,

cover and simmer gently for twenty minutes; add a teaspoonful of salt and simmer ten minutes longer. Put two teaspoonfuls of butter in another saucepan and add three tablespoonfuls of flour. Mix and cook a minute without browning. Add one-half pint of thick cream to the mushrooms, then add the whole to the butter and flour. Stir until it comes to the boiling point, add a dash of pepper and serve in bouillon cups.

* *

Summer Vegetable Chowder

2 onions
1 stalk celery
2 medium new carrots
Sprig parsley
2 new potatoes
2 medium tomatoes
1 cupful peas
3 slices salt pork or bacon cut in small pieces
Generous pinch pepper
1 tablespoonful salt
2 quarts boiling water

Fry the bacon or salt pork, which has been cut in small pieces, in a frying pan until slightly browned. Then add all the vegetables, cut in cubes, and cook for five minutes. Then place in pan with boiling water, adding the parsley and seasonings, and cook for about one and one-half hours, adding more water if necessary.

* *

Chestnut Purée

Shell and skin a pound of chestnuts and boil them in two cupfuls of milk until they are thoroughly tender. Mash in the milk, to which, during the boiling, more has been added if necessary. After mashing chestnuts thoroughly, beat until fluffy and well mixed. The purée may be strained before serving and salt and pepper added if desired. Do not boil hard as the milk will curdle.

* *

Pea Soup with Frankfurters

Place the contents of one can of pea soup in a saucepan and add an equal amount of cream or rich milk. Add salt and pepper to taste. Remove the casing from one small frankfurter and cut the meat into very thin slices. Place these thin slices, possibly a dozen of them, in the soup as it comes to the boiling point. When serving the soup be quite sure that a few of the slices are turned into each cupful or soup plate. Serve very hot. If milk is used, a bit of butter may be used with it to advantage.

* *

Soup Royal

Soak one cupful of bread crumbs in a half cupful of sweet milk and then add the yolks of three hard-cooked eggs which have been forced through a fine sieve. Add to this mixture (gradually) a cupful and a half of heated milk and three cupfuls of chicken stock. Season highly to taste and bind together with three tablespoonfuls of butter and two and a half tablespoonfuls of flour, which have been blended to a smooth paste.

* *

Cherry Soup

1 pint cherries—stoned and mashed
1 pint water
1 lemon—juice and grated rind
4 tablespoonfuls grapejuice
Sugar to taste
Cinnamon to taste

Save a few whole cherries to be placed in each plate. Simmer all the ingredients for a half hour and serve very hot.

* *

Onion Soup with Cheese

Slice six good-sized onions and fry them in three tablespoonfuls of butter until they are a golden brown. Add to them eight cupfuls of meat stock and simmer the whole until

the onions are tender, or for about twenty minutes. Turn this mixture into an earthen dish, add six slices of bread (small ones) and sprinkle with twelve tablespoonfuls of grated Parmesan cheese. Place the soup in a hot oven and let it stay there for ten minutes. Serve in bouillon cups, to each of which has been added a bit of the bread.

* *

Jellied Tomato Bouillon

Dissolve a tablespoonful of gelatin in a half cupful of boiling water. Strain the juice of a can of tomatoes through a cheesecloth bag and add to it one teaspoonful of sugar, pepper and salt to taste, and one onion, grated. Simmer this mixture for ten minutes and strain again. Add while hot to the dissolved gelatin and set on ice to cool. It should be served in cups and garnished with chopped parsley.

* *

Peanut Butter Soup

¾ cupful milk
2 tablespoonfuls peanut butter
Croutons
Nutmeg
Salt and pepper to taste

To each serving use amount of milk and peanut butter above mentioned. Heat the milk in double boiler, then pour very slowly over peanut butter in bowl, creaming the mixture to remove lumps. Return to double boiler and cook until thickened. Season with salt and pepper and a dash of nutmeg. Serve with croutons.

* *

Cream of Asparagus Soup

Drain one can of asparagus or its equivalent in well-cooked fresh aparagus and force pulp through sieve. Add to the pulp three cupfuls of white stock, a few gratings of onion, one-fourth cupful of

butter which has been blended with one-fourth cupful of flour. Add salt and pepper to taste and then two cupfuls of milk that have been scalded. Serve at once piping hot.

* *

Cream of Lettuce Soup

5 cupfuls chicken stock—made from bouillon cubes
2 large heads lettuce—cut in small pieces
1 cupful cream
2 tablespoonfuls rice
2 teaspoonfuls grated onion
2 tablespoonfuls butter
2 egg yolks
Salt and pepper to taste

Cook the onion in the butter for five minutes, then add the lettuce, rice and stock. Cook rice until soft, then add the cream, egg yolks, slightly beaten and salt and pepper. Sprinkle with ground peanuts and serve piping hot.

* *

Cream of Tomato Soup

1 pint tomatoes
1 quart milk
2 tablespoonfuls butter
2 tablespoonfuls flour
2 slices onion
1 teaspoonful salt
3 teaspoonfuls sugar
¼ teaspoonful each soda and white pepper

Cook the onion with the milk. Melt the butter, add the flour and seasonings, and two-thirds cupful hot milk. Then add the balance of the milk gradually. Heat the strained tomatoes, add the soda and stir well. Add the tomatoes to the white sauce. Serve with croutons.

* *

Jellied Chicken Soup

Clean a four- or five-pound chicken which has been jointed. Place in kettle and cover with cold water and allow it to come quickly to a boil. Add one onion, sliced, three stalks of celery, salt and pepper to taste, and then simmer for about three hours. Remove the chicken, celery and

onion, and when the soup has cooled, remove the fat which has accumulated on top of the stock. Soak two tablespoonfuls of gelatin in a little cold water for five minutes. Reheat the soup to the boiling point, add chopped parsley and pour over the dissolved gelatin. Put in a cold place to stiffen and when ready to serve whip slightly with a fork and serve in bouillon cups.

* *

Jellied Consommé Soak one tablespoonful of gelatin in one-quarter cupful of cold water. Add one-quarter cupful of boiling water and stir until dissolved. Add to one pint of hot beef stock that has been well seasoned. When almost cold, add a tablespoonful of chopped parsley and chill. When chilled and jellied, beat slightly with a fork and serve in bouillon cups.

* *

Kettle Soup Put into a large pot two pounds of brisket and when it has simmered for an hour add two onions, a cupful of peas, a cupful of beans, one of carrots and one of celery, all chopped fine. Add one can of solid pack tomatoes, a green pepper chopped fine and one-fourth cupful of rice that has been thoroughly washed. Last of all add a small can of corn and cook the whole for two hours. Serve piping hot.

* *

Vegetable Soup One soup knuckle, one large can solid pack tomatoes, one bunch carrots, two medium turnips, two medium onions, parsley, six peppercorns, bay leaf and salt. Let stand overnight or until fat forms solid crust on top of broth.

Remove fat, add vegetables well cut up, salt and pepper to taste, and cook until vegetables are done.

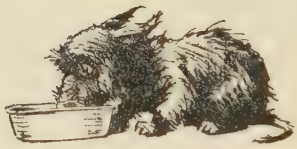
* *

Spinach Soup

1 lb. spinach
2 slices onion
2 tablespoonfuls butter
½ pint green peas
1 cupful milk
1 sprig mint and parsley
1 teaspoonful white pepper
1 teaspoonful paprika
Pinch of soda

Cover spinach with water, add soda and let boil; then strain. Add above ingredients and cook for fifteen minutes; then put through strainer and add one tablespoonful flour, one tablespoonful butter and one cupful milk. Cream the flour and butter, then put on the stock and stir until it thickens. Pour into soup gradually and stir.

* *



"Vegetable soup—Thank goodness"

BREADS

†

Hot Biscuit

To each cupful of sifted flour used add two rounded teaspoonfuls of shortening, one-third teaspoonful granulated sugar, a pinch of salt and two rounded teaspoonfuls baking powder. Work these ingredients together with the tips of the fingers until well blended. Add, a little at a time, sufficient sweet milk to make a soft dough that can be turned onto a floured board and patted into flat shape for cutting out. Cut out with a small biscuit cutter and bake in an ungreased pan in a quick oven for twelve minutes.

* *

Waffle Batter

To one cupful of flour add two and one-half teaspoonfuls baking powder, a pinch of salt, a scant half teaspoonful of sugar, one beaten egg, three tablespoonfuls of melted butter and one cupful of sweet milk. Have the waffle iron hot before putting in the batter. Cook until the waffle is easily freed from the iron and until it becomes a golden brown. Beware of adding too much batter for the size of the iron and always turn the batter into the center of the hot iron. A pitcher is useful as a utensil from which to pour the batter into the iron.

* *

Steamed Brown Bread

1 pint bread crumbs
1 egg
1 cupful sweet milk
1 cupful molasses
Graham flour
1 rounded teaspoonful soda dissolved in a little water
2 tablespoonfuls white corn meal
1 cupful raisins

Mix all ingredients together and thicken with graham flour until the mixture is as thick as for gems; pour into buttered baking powder cans and steam three hours. Do not fill the cans more than three-quarters full.

* *

Date Bread

1½ cupfuls flour
1½ cupfuls graham flour
3 teaspoonfuls baking powder
½ pound dates cut fine
Milk to moisten (about 1¾ cupfuls)
1 teaspoonful salt

Mix dry materials, add dates which have been lightly sprinkled with flour, and then add the milk. Bake about forty-five minutes in a slow oven.

* *

Potato Doughnuts

Boil and mash very fine five medium-sized potatoes and add two and one-quarter cupfuls of sugar, three tablespoonfuls melted butter, two unbeaten eggs, one cupful of sweet milk, four rounded teaspoonfuls baking powder, a generous pinch of salt and a dash of nutmeg. Add flour to make a stiff dough that can be handled on the board easily. Roll out with a rolling pin, cut with a doughnut cutter and fry in deep fat to a golden brown. This recipe makes about forty doughnuts.

* *

Cinnamon Rolls

1 cupful scalded milk
¾ cupful lard (cooled before adding dry ingredients)
1 yeast cake dissolved in ½ cupful lukewarm water
2 eggs, well-beaten
1 cupful flour
½ cupful granulated sugar
1 tablespoonful salt
1 cupful mashed potato

Mix ingredients in order given and set in warm place for about two hours. Then add flour to make a soft dough

(about four or five cupfuls). Let rise until double in bulk. Roll out on a floured board to about one-quarter inch thickness. Dot with butter and sprinkle generously with a mixture of cinnamon and sugar (two tablespoonfuls cinnamon and one cupful sugar). Roll as a jelly roll, cutting into one-inch slices and place in a greased tin to rise. When light bake in moderate oven about twenty minutes.

* *

Coffee Cake

1 cupful flour
½ cupful sugar
½ teaspoonful cinnamon
4 teaspoonfuls melted butter
3 teaspoonfuls baking powder
½ cupful milk
½ teaspoonful salt
1 egg

Sift dry ingredients together twice. Mix into a soft dough by adding one beaten egg, one-half cupful sweet milk and the butter. Sprinkle sugar and cinnamon on top. Bake twenty minutes in a moderate oven.

* *

Spoon Bread

½ cupful hominy
1 quart boiling water
½ cupful white corn meal
Sweet milk
1 teaspoonful salt
3 tablespoonfuls melted butter
3 eggs

Cook hominy until thoroughly done. Scald corn meal in the water. Pour the hot hominy into this and add salt, butter and eggs, beaten separately, and enough milk to make a very thin batter. Pour into well-greased earthen or glass baking dish, and bake in a slow oven one hour. Serve with a spoon, as the bread should be quite soft.

* *

Sally Lunn

4 eggs
4 cupfuls flour
2 cupfuls milk
½ yeast cake
1 tablespoonful melted butter
1 teaspoonful sugar
1 teaspoonful salt

Soak the yeast in a very little warm water or the batter will be too thin, and mix with other ingredients. Pour into well-buttered baking dishes, let rise and bake in moderate oven until well browned.

* *

Nut Bran Muffins

2 cupfuls bran
1 cupful white flour
1 teaspoonful salt
1 teaspoonful soda
2 teaspoonfuls baking powder
2 well-beaten eggs
1 cupful milk (sweet or sour)
1/3 cupful molasses
2 tablespoonfuls shortening
½ cupful broken nut meats

Mix and sift flour, salt, soda and baking powder, then add bran. Beat eggs well; add milk and molasses. Combine mixtures; add floured nut meats; beat well and add shortening. Drop in well-greased muffin pans, and bake in a medium oven twenty to thirty minutes.

* *

Potato Biscuits

3 medium-sized potatoes boiled in jackets
1 tablespoonful butter
1 tablespoonful lard
1 teaspoonful salt
1 tablespoonful sugar
1 yeast cake
1 cupful lukewarm water
2 eggs

Put the potatoes, when thoroughly done, through a potato ricer, and, while hot, add lard, butter, sugar and salt. Dissolve the yeast in water—or milk—and add the eggs. Let this rise from four to five hours, then add sufficient flour to

make a very soft dough. Fashion into "pocketbooks," butter between and on top and let rise for three-quarters of an hour in a cool place. Bake in a quick oven.

* *

Luncheon Rolls

½ cupful scalded milk
2 tablespoonfuls sugar
½ teaspoonful salt
½ yeast cake
2 tablespoonfuls melted butter
1 egg
Few gratings from rind of a lemon
2 tablespoonfuls lukewarm water
Flour

Add sugar and salt to the milk; when lukewarm, add yeast dissolved in lukewarm water, and three-fourths cupful of flour. Cover and let rise; then add butter, egg, well-beaten, grated rind of lemon and one and one-fourth cupfuls of flour. Let rise again, roll to one-half inch thickness, shape with small biscuit cutter, place in buttered pan close together; let rise again and bake. These rolls may be ready to serve in three hours if one and one-half yeast cakes are used.

* *

Pop-overs

1 cupful milk
1 cupful sifted flour
2 eggs
1 teaspoonful salt

Mix flour, salt and milk; drop eggs into this, one at a time and beat. Put in oven to bake and do not open oven door for ten minutes.

* *

Blueberry Muffins

2 cupfuls flour
½ teaspoonful salt
1 tablespoonful sugar
2 teaspoonfuls baking powder
¾ cupful milk
1 tablespoonful butter
2 eggs
1 cupful blueberries

Sift dry ingredients; add milk slowly, then beaten eggs, butter and berries. Beat briskly; place in muffin pans, well-greased, and bake in a moderate oven.

* *

Nut Bread

1 egg
1 scant cupful sugar
2 cupfuls sweet milk
1 cupful rolled nuts
4 cupfuls flour
4 teaspoonfuls baking powder
½ teaspoonful salt

Mix thoroughly and let stand twenty minutes in tins before baking. This amount makes two loaves.

* *

Orange Muffins

2 cupfuls flour (measured after sifting)
4 teaspoonfuls baking powder
1 teaspoonful salt
Rind of one-half orange
2 eggs—beaten light
1 cupful milk
2 2/3 tablespoonfuls shortening (melted)

Mix the ingredients and place one cube of sugar saturated with orange juice in center of each muffin after they are in pans. Bake in a quick oven from fifteen to twenty minutes. (Makes twelve muffins).

* *

Date Nut Bread

2 cupfuls bran or graham flour
2 cupfuls white flour
1 teaspoonful salt
1 teaspoonful soda
½ cupful sugar
2 cupfuls milk
½ cupful molasses
1 cupful chopped nuts
1 cupful chopped dates

Mix the dry ingredients thoroughly, then add the milk, molasses, nuts and dates which have been lightly sprinkled with flour. Bake in a moderate oven about forty minutes.

* *

Nut Muffins

2 cupfuls flour
½ cupful sugar
1 cupful milk
4 teaspoonfuls baking powder
1 teaspoonful salt
1 tablespoonful melted butter
1 egg
1 cupful nuts—lightly sprinkled with flour

Add ingredients in order given. Beat the yolk of the egg until light and lemon colored, then add to the other ingredients. Fold in the egg white, beaten stiff, after the nuts have been added. Bake in a quick oven about fifteen or twenty minutes.

* *

Cheese Biscuits

1½ cupfuls flour
2 teaspoonfuls baking powder
¼ teaspoonful salt
1 tablespoonful shortening
6 tablespoonfuls cheese (grated)
1 scant cupful milk

Sift flour, baking powder and salt together three times. Add shortening and cheese, mixing in lightly or chopping in with knife. Add milk, just enough to hold mixture together. Roll out on floured board to one-half inch thickness, cut with small biscuit cutter. Brush over the top with sweet milk and place in buttered pans. Bake in hot oven twelve or fifteen minutes.

* *

Perfect Corn Bread

1 cupful flour
1 cupful corn meal
4 tablespoonfuls sugar
1 cupful milk
¾ teaspoonful salt
5 teaspoonfuls baking powder
1 egg
2 tablespoonfuls shortening

Mix and sift the flour, corn meal, sugar, salt and baking powder, then add the milk, the egg, well-beaten, and the

shortening. Bake in a shallow buttered pan in hot oven for about twenty minutes.

*

White Muffins

2½ cupfuls flour
½ cupful sugar
3 teaspoonfuls baking powder
5 tablespoonfuls melted butter
1¼ cupfuls milk
3 eggs
Pinch of salt

Mix and sift the dry ingredients and add the milk, egg yolks, well-beaten, and the shortening. Fold in the well-beaten egg whites and bake in muffin pans for twenty-five minutes in a moderate oven.

*

Cheese Pop-overs

1 cupful flour
Small pinch salt
1 cupful milk
1 egg
¼ pound grated American cheese

Beat the egg a little and add to it the salt and liquid and beat to a smooth mixture while adding the flour. Beat with a rotary egg beater until light and full of bubbles and when this is completed have iron gem pans (well-heated and greased) close at hand. Place in each hot receptacle a spoonful of the batter, cover with a teaspoonful of the grated cheese and then again with a second spoonful of batter. Bake in a very hot oven for about twenty minutes or until browned. Serve at once with butter.

*

Raisin Bread

1 pound flour
½ cupful sugar
3 eggs
3 teaspoonfuls baking powder
1 teaspoonful salt
½ pint milk
¾ cupful raisins, seeded or seedless

Mix all dry ingredients with raisins and add beaten eggs and milk. Put in warm place fifteen or twenty minutes and bake in moderate oven for almost an hour.

* *

Sweet Potato Rolls

3 medium sized sweet potatoes
3 tablespoonfuls butter
4 cupfuls flour
2 tablespoonfuls baking powder
Pinch of salt
1 large egg
1 cupful milk

Boil the potatoes until thoroughly cooked, remove skins and force through a sieve. Then add the dry materials sifted together. Add the well-beaten egg and the milk. Beat until of a smooth consistency, shape into rolls (as bread dough is shaped) and bake in a hot oven until puffed and brown.

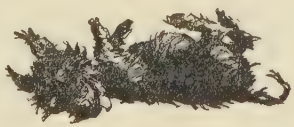
* *

Scotch Scones

4 cupfuls flour
1 teaspoonful baking soda
½ teaspoonful cream of tartar
1 scant tablespoonful salt
1 scant tablespoonful butter or lard
Sour milk

Sift all dry ingredients thoroughly together, then rub in shortening with tips of fingers. Add sufficient sour milk to make a soft dough, just stiff enough to handle with floured hand. Handle as little as possible. Roll out dough lightly and cut into three-cornered or round pieces, one-quarter inch in thickness. Bake in a hot oven until brown.

* *



"Just one roll"

FISH DISHES

†

Fish Cutlets One pint of cooked fish picked up in fine pieces, one-half pint of milk, a tablespoonful of butter, two tablespoonfuls of flour and the yolks of two eggs. Heat the milk, and add to the butter rubbed smooth with the flour. Cook until thickened and stir in the yolks of the eggs which have been well-beaten. Mix with the picked-up fish and add a teaspoonful of salt, one-fourth teaspoonful of pepper and a few drops of onion juice. When cold, form into cutlets, dip in egg and bread or cracker crumbs, and fry in hot fat. This mixture may also be used in a baking dish by putting in the dish first a layer of the sauce, then a layer of fish and so on until the materials are used. Cover the top with crumbs, dot with butter, cover with a thin grating of American cheese and place in the oven until thoroughly heated and crusted a golden brown.

* *

Barbecued Fish Have ready one pound of cold fish that has been boiled, and remove the bones. Put a piece of butter the size of an egg in a saucepan and add to it a tablespoonful of oil, one of vinegar, a small onion, sliced, three tablespoonfuls of tomato catsup and, if available, three tablespoonfuls of non-alcoholic sherry flavoring. Cook the onion in the mixture until done but not brown, add the fish in as large flakes as possible, heat through and serve at once after adding salt and pepper to taste.

* *

Crab Meat Indienne

2 tablespoonfuls butter
1 teaspoonful finely chopped onion
3 tablespoonfuls flour
2/3 tablespoonful curry powder
1 cupful chicken stock
1 cupful crab meat
Salt

Cook butter with onion three minutes. Add flour mixed with curry powder and chicken stock. When boiling, add crab meat and season.

* *

Salmon Soufflé

1 cupful flaked salmon
2 egg yolks—beaten thick
2 egg whites—beaten stiff

White Sauce

1 cupful milk
3 tablespoonfuls flour
½ teaspoonful salt
Dash of pepper
3 tablespoonfuls butter

Add salmon and beaten yolks to white sauce. Fold in beaten whites. Put in buttered casserole and set in pan of hot water and bake in moderate oven. Serve with pimiento sauce.

Pimiento Sauce

3½ tablespoonfuls butter
3 tablespoonfuls flour
1½ cupfuls milk

Add one-half cupful canned pimientos rubbed through sieve. Add salt and pepper to taste. Cook until thick.

* *

Oysters en Casserole

1 quart fresh oysters
1/3 cupful butter
1 small onion
Parsley
2 tablespoonfuls flour
½ cupful cream
Salt
Worcestershire sauce

Scald the oysters, strain the liquor, place them where they will be hot without cooking. Melt the butter, brown the onion, chopped, and chopped parsley. Stir in gradually the flour, then stir in the strained oyster juice, cream and seasoning. Put oysters in casserole and pour the sauce over. Put the uncovered casserole in the oven for a few minutes. Serve with pastry straws.

* *

Salmon en Casserole

1 can finely chopped red salmon
1 pint white sauce
½ teaspoonful salt
Pepper
1 cupful cracker crumbs
¼ teaspoonful paprika
12 olives, finely cut
½ cupful chopped nuts
½ chopped green pepper
½ can pimientos

Mix all ingredients with salmon, except sauce and crumbs, and season. Put a layer of salmon mixture in casserole, then cracker crumbs, then white sauce, and repeat until all is used. Sprinkle top with paprika and butter. Bake slowly. Serves eight or ten.

* *

Crab à la Creole

Chop four onions and two green peppers very fine. Fry in two tablespoonfuls of butter until tender. Take one cupful of cream or milk, mix with one tablespoonful of flour, add one ripe tomato (or its equivalent from a can), a dash of red and black pepper and cook for a few minutes. Have crab meat well picked over and stir into the tomato and onions. Pour over toast and serve.

* *

Crab Cecils

1 cupful milk
½ cupful cream
3 eggs
1 tablespoonful flour
1 tablespoonful butter
1 pint crab flakes
1 teaspoonful salt
½ teaspoonful red pepper
1 teaspoonful Worcestershire sauce
1 teaspoonful chopped parsley

Put milk and cream in double boiler and let come to boiling point. Add flour, butter, salt and pepper. Stir until thick and smooth, remove from fire, beat in yolk of one egg and Worcestershire sauce. Then set aside to cool. Hard-cook one egg and chop fine. To the cream sauce add crab flakes, chopped egg and parsley. Mold in small balls, dip in egg and cracker crumbs. Fry in deep boiling fat until a golden brown. Serve on crisp lettuce leaves with tartar sauce or lemon.

* *

Bluefish Italienne

Clean and sprinkle with salt and pepper a three-and-one-half- or four-pound bluefish and place on buttered sheet in a dripping pan. Then add three tablespoonfuls each of lemon juice and mushroom liquor, one small onion, finely chopped, ten mushrooms finely chopped and sufficient water to allow for basting. Bake in a hot oven for forty-five minutes, basting frequently. Serve with a sauce made of two tablespoonfuls each of finely chopped onion and carrot, lean raw ham, two cloves, a dozen peppercorns and a sprig of marjoram cooked together with six teaspoonfuls butter, then add two and one-half tablespoonfuls flour and stir until well browned. Add gradually one cupful brown stock and one cupful diluted white vinegar. Strain, reheat, and pour around fish and garnish with finely chopped parsley.

* *

Codfish Soufflé

Mix two cupfuls of codfish, flaked, with two cupfuls of thick white sauce, add salt to taste, a dash of paprika, one teaspoonful Worcestershire sauce and three teaspoonfuls lemon juice, then fold in the stiffly beaten whites of two eggs. Oil a pudding dish or a glass baking dish and pour in the mixture. Mix two cupfuls soft bread crumbs with a little oil or butter and sprinkle with salt. Spread these over the top of the fish and bake in a hot oven for ten minutes. Serve with individual portions of tartar sauce, which may be placed in a small lettuce leaf on the side of the plate.

* *

Baked Finnan Haddie

Soak a three-and-a-half- or four-pound finnan haddie for three hours. Drain well. Place in a baking pan and cover with hot water, then bake in a hot oven for about twenty minutes. Make a paste of four tablespoonfuls of melted butter, one tablespoonful prepared mustard, one teaspoonful paprika, salt and pepper to taste and a little water. Serve this as a sauce with the fish.

* *

Red Snapper Pudding

1 pound or 1 pint boiled red snapper
½ cupful milk
1½ tablespoonfuls butter
½ tablespoonful flour
1½ teaspoonfuls salt
¼ teaspoonful pepper
½ teaspoonful onion juice
2 eggs

Pound the fish until thoroughly mashed, then rub it through a sieve. Season the fish pulp with salt, pepper and onion juice. Put the butter in a saucepan and when melted add the flour and cook for a few minutes, then add slowly the milk, stirring constantly until well scalded. Add the fish pulp, take from the fire, add the beaten eggs and mix. Butter a

ring mold, which holds a pint or more. Put in the mixture, pressing it well against the sides. Set in a pan of warm water, covering half the mold. Place in a moderate oven for thirty minutes. Do not let the water boil. Remove from mold, place on a hot dish, fill the center with boiled potato balls, pour over them a white sauce and sprinkle with chopped parsley. Serve with the fish a generous amount of white sauce. Serve on a bed of parsley.

* *

Stuffed Salmon in Aspic

2 cupfuls stock
1 envelope gelatin
1 can salmon (medium size)
4 hard-cooked eggs
½ small jar pimientos
6 capers
Salt and pepper to taste
Dash of red pepper
1 tablespoonful vinegar
1 teaspoonful Worcestershire sauce

Rub a fish mold with garlic. Add the gelatin, which has been soaked in one-quarter cupful of water, to the stock which has been brought to the boiling point. Place in a pan of cold water and stir until the mixture begins to jell. Take out one-quarter cupful of this gelatin and use this to line the fish mold, making a thin coating. On this coating place flat bits of flaked salmon. These pieces of salmon form the top of the fish when it is unmolded. One caper should be placed over the eye in the fish mold. Use the small pieces of mealy salmon, which were not flaked, to make the stuffing and add to it the chopped pimientos, chopped hard-cooked eggs, onion juice to taste, five minced capers, Worcestershire sauce, vinegar, salt and pepper, and red pepper. Add the remaining gelatin to the stuffing mixture and stir it over ice water until thickened. This stuffing mixture should then be placed carefully over the material in the mold, so as not to disarrange it. Place in the ice box until thoroughly set, unmold on

a bed of crisp, yellow lettuce leaves, garnish with mayonnaise and pimiento and sprinkle with paprika.

* *

Baked Stuffed Fish

Remove vital organs and the eyes. Wash thoroughly, stuff not too full, and sew up with white cotton thread and large needle. Place in a pan on slices of breakfast bacon. Dredge with salt, pepper and flour and put a thin slice of bacon on top. Bake until well browned and tender and serve with tart tomato sauce.

Stuffing
(for one large fish)

1 cupful bread crumbs
1 teaspoonful onion chopped fine
¼ teaspoonful salt
1 teaspoonful chopped parsley
2 eggs yolks or 1 egg
¼ teaspoonful of pepper
¼ cupful melted butter

—*or*—
(for one small fish)

2 tablespoonfuls bread crumbs
¼ teaspoonful chopped onion
Pinch of salt
1 tablespoonful egg
½ tablespoonful melted butter

Tomato Sauce

2 tablespoonfuls flour
2 tablespoonfuls butter
1 cupful strained tomato juice from cooked or canned tomatoes
Salt, pepper and a dash of paprika

Melt butter and stir in flour to make smooth paste. Add liquid gradually and let thicken.

* *

Haddock en Casserole

Remove the skin from a slice of haddock and fry it brown on both sides. For the average family of four it will require about a three-pound piece of haddock. Fry the fish

in three tablespoonfuls of salad oil and when it has browned remove it to a casserole dish. Peel and slice three or four large onions and mash to a pulp a clove of garlic. Place these in the skillet and cook until the onion begins to discolor. Heat two cupfuls of canned tomatoes that have been strained, using only the juice, and turn the tomato into the onion and garlic mixture. In a separate dish heat a fourth cupful of oil and add to it five tablespoonfuls of flour, stirring together until a smooth paste is formed. Add two cupfuls of water or, preferably, chicken stock, and combine these mixtures. If it is necessary, beat with an egg beater until smooth. Add salt and pepper to taste and a little sugar, pour the sauce over the browned fish in the casserole and cover closely. Bake at least an hour, or until the fish is thoroughly done. Serve in the baking dish.

* *

Fillet of Haddock in Curry

2 pounds fillet of haddock
1 teaspoonful curry powder
4 tablespoonfuls flour
3 tablespoonfuls oil
Salt and pepper to taste
1 cupful top milk
1 cupful fish stock
½ cupful cream
3 tablespoonfuls butter

Wash the fillets and place them in a frying pan. Cover with the part of the stock and simmer over a very low flame for fifteen minutes. Heat the milk with the remaining fish stock and heat the oil separately. Mix and sift the flour and curry powder and add to the oil. Cook together until thickened and then add the milk and fish stock. Beat well until the mixture is entirely smooth, add the butter slowly, beat well, then add the cream, season; lift out the fillets carefully and place them on a heated platter. Pour the sauce over them.

* *

Halibut à la Pot Roast with Vegetables

Chop fine two large or three small carrots, three large onions, two cupfuls of celery and one clove of garlic. Remove the skin from a three- or four-pound piece of halibut and heat one-half cupful of salad oil in a large frying pan and put the skinned clove of garlic in the oil, where it must cook until the oil is flavored. Then add the halibut and brown it on each side. Remove the fish to an earthen casserole or tightly covered aluminum kettle. Pour the oil from the pan over the top of the fish and pour a little water into the pan and then turn it over the fish. Add salt and pepper to the fish and after parboiling the vegetables add them, with the small amount of water in which they were parboiled, to the kettle containing the fish. Cover the kettle closely and bake in the oven at a moderate temperature or simmer over a very low flame on the top of the stove. If the oven process is used it will require about an hour's cooking, or if the top of the stove, fifty minutes. Remove the fish to a hot platter and surround with the cooked vegetables and thicken the liquor in the kettle with a bit of flour, season it well with salt and a dash of red pepper and add more finely chopped parsley. Serve with pieces of lemon.

* *

Halibut Ring

Boil two pounds of halibut in acidulated water, about one tablespoonful of vinegar to water enough to cover fish. Add to the water one tablespoonful of chopped onion, one tablespoonful of chopped celery and one of carrot. Boil until fish leaves the bones. Remove the skin and bones and grind the meat very fine. Melt a scant half cupful of butter, add two tablespoonfuls of flour, mix thoroughly, and add four tablespoonfuls of cream, stirring until smooth. Add a teaspoonful of salt and stir this gradually into four well-

beaten egg yolks, then stir in chopped or minced fish and when cool add the stiffly beaten whites of four eggs and fold in one pint of cream, whipped. Put pieces of pimiento into a well-greased ring mold and pour the fish mixture over it. Place in a moderate oven in a pan of hot water and bake about thirty minutes, until the mixture is set. When done, remove to platter and in the center place hot shrimp and cover with hot Hollandaise or cream sauce.

* *

Baked Fillet of Mackerel

Wash the fillets and sprinkle them with salt and pepper and arrange in a buttered baking dish. Dot over with bits of butter, a few whole cloves, a bit of cinnamon bark broken fine, five or six peppercorns and add a sprinkling of paprika. Combine and cover with vinegar and water in equal parts and two tablespoonfuls of salad or olive oil. Lastly, add one medium-sized onion which has been thinly sliced. Bake in a moderate oven for an hour, garnish with parsley and serve hot.

* *

Jellied Salmon with Cucumber Sauce

1 can salmon
½ tablespoonful sugar
1 teaspoonful salt
½ tablespoonful flour
1 teaspoonful mustard
Yolks of two hard-cooked eggs
1½ tablespoonfuls melted butter
¾ cupful thin cream or milk
¼ cupful vinegar
¾ tablespoonful gelatin
2 tablespoonfuls cold water

Drain fish well and wash in colander, mix well with vinegar, add gelatin dissolved in cold water and put in mold until stiff. Slice and serve with cucumber sauce.

* *

Baked Shad

Clean a three- to five-pound shad and cut off the fins, but leave head and tail. Wash and wipe dry, rub inside with salt and fill with bread stuffing, as for chicken. Sew or tie up the fish and sprinkle with oil. Also oil the baking pan in which it is placed. Place the fish upon its stomach. Have the oven very hot at first until fish begins to brown, then reduce heat. It is not necessary to baste shad, if medium-sized, as it is a naturally oily fish. When tender and brown remove to a hot platter and serve with parsley butter sauce.

* *

Baked Stuffed Smelts

Clean and dry eight selected smelts. Make a stuffing of one tablespoonful finely chopped onion which has been fried in a tablespoonful of butter until a golden brown, one-half cupful of dry bread crumbs which have been moistened with milk, two tablespoonfuls chopped green pepper (cooked with the onions) and one slice of bacon finely chopped. Add celery salt, salt and pepper to taste, and when these ingredients are thoroughly mixed add a teaspoonful of tomato catsup. Stuff the fish, pressing the edges together and tying with a bit of twine; brush over with lemon juice and bake for ten minutes in a moderate oven. Remove from oven, sprinkle with buttered cracker crumbs and return to the oven until crumbs brown nicely.

* *

Baked Fillet of Sole

Dip the pieces of fillet of sole into milk which has had a large amount of salt added to it. Roll in crumbs, preferably bread crumbs, and place in a buttered baking dish. Dot over with butter and bake in a hot oven for from eight to ten minutes, no longer. They must in that time have become a

golden brown, which means a really hot oven. Serve on a heated platter with tartar sauce.

* *

Creamed Crab Josephine

1 medium can crab meat—or equivalent in fresh crab meat
¼ pound butter
1 clove of garlic
1 pint milk
¼ teaspoonful dry mustard
¼ teaspoonful black or white pepper
¼ teaspoonful ground nutmeg
Pinch of salt

Pick over crab meat and place in wire strainer and let cold water run through it, then press water out with hands and let drain while making the sauce as follows: Melt butter slowly and add all the seasoning, let simmer about four minutes or until garlic is brown, then remove the garlic and add crab meat. Fry this about five minutes, stirring butter and seasoning through it. Add milk and when it comes to a boil thicken to suit and serve in pastry shells, on toasted crackers, or rounds of bread, toasted. If desired, a teaspoonful of Worcestershire sauce may be added last.

* *

Lobster Newburg

3 teaspoonfuls of butter
½ pound cooked lobster meat, cut in cubes
Generous pinch of salt
Dash of paprika
Pinch of nutmeg
2 tablespoonfuls of non-alcoholic Madeira or sherry flavoring
Yolks of two eggs
4 tablespoonfuls of cream

Put butter in double boiler to melt, add the lobster and cook two or three minutes. Stir constantly while cooking, also while the seasoning and flavor are added, then cook about one minute and remove from the fire. Add egg yolks and cream, mixed together, beat until very smooth, then place on the fire and cook until mixture thickens, only a

minute or two or the eggs may curdle. Serve in patty shells or ramekins.

* *

Oyster Pie

1 pint large oysters
1½ cupfuls sweet milk
½ cupful cream or top milk
Pepper and salt to taste
3 tablespoonfuls butter
3 tablespoonfuls flour
Lemon juice

Heat the oysters in their liquid until the edges curl up and then strain the liquid from them into a saucepan. Remove the scum which may have appeared on the top of the liquid and keep liquid hot. Heat the milk and then blend the butter (melted) with the flour in a separate saucepan, adding salt and pepper to taste. When the flour and butter have become a smooth paste, add the hot milk slowly, then the oyster juice also slowly, and a few drops of lemon juice, if desired, for flavor. Beat until quite smooth and add the oysters, then the cream, which need not have been heated, as this entire mixture is to be placed in the oven to cook the top crust. Place the mixture either in individual ramekin dishes and cover with crust (with perforations for steam to escape) or in a casserole dish likewise with openings in the top crust that the steam may escape. Place in the oven until the crust is cooked and a delightful brown. Serve at once.

* *

Scalloped Oysters

Mix one cupful cracker crumbs and one-half cupful stale bread crumbs and stir in one-third cupful of melted butter. Put a thin layer of these materials in the bottom of a baking dish, cover with oysters which have been cleaned and trimmed and sprinkle with salt and pepper. Add a tablespoonful each of oyster liquor and rich milk or cream. Repeat this order of ingredients until one pint of oysters is

used. To make sufficient quantity to supply more than four people this recipe must be enlarged in proportion. However, only two layers may be baked in one dish, as with three layers the middle layer will be underdone unless the top and bottom layers are overdone, in which case only would the center layer be found to represent the pink of perfection.

* *

Deviled Crabs

1 quart crab meat
½ cupful milk
1 tablespoonful butter
1 tablespoonful flour
1 teaspoonful chopped parsley
1 teaspoonful salt
Dash of red pepper
½ teaspoonful Worcestershire sauce
1 egg
Bread crumbs

Put the butter into saucepan. When melted add the flour and mix well. Then add the cold milk slowly. Stir until smooth and thick. Pour over the crab meat and add the salt, pepper, parsley and Worcestershire sauce. Mix well. Fill the crab shells, which have been scalded and well cleaned. Cover with bread crumbs, then with egg (1 egg beaten with 1 tablespoonful cold milk), then with bread crumbs. Fry in deep hot fat or bake in oven.

* *

Shrimp à la Newburg

2 cupfuls well-cleaned shrimp
Yolks of two eggs
1 pint liquid—half milk and half cream
Salt, pepper and paprika to taste
4 tablespoonfuls butter
2 tablespoonfuls flour
1 teaspoonful lemon juice
1 teaspoonful anchovy paste

Cook the shrimp in the melted butter with the seasoning. Add the flour and then the hot liquid, heaping the whole in a smooth mass. When it reaches the boiling point remove from the fire and add the yolks of the eggs, slightly beaten, stirring constantly. Last of all, add the lemon juice and

anchovy paste, place in ramekins, cover with buttered cracker crumbs and brown.

*

Shrimp with Spanish Rice

1 pint shrimp—cleaned and cut in small pieces
1 cupful milk
1 cupful cream
2 tablespoonfuls tomato catsup
4 tablespoonfuls melted butter

*

A few chilies or chili powder
1 tablespoonful minced parsley
4 cupfuls cooked rice
3 large onions—finely chopped
1 large green pepper, finely chopped
1/3 cupful salad or olive oil

Place the olive oil in an iron frying pan and fry the onions and green pepper without browning until the onion is well cooked. Add salt, pepper and paprika to taste and add the cooked rice, mixing it well together. Butter a small baking dish or mold and pack the seasoned rice in it and keep the rice hot while the rest of the dish is prepared. Place the milk and cream in a saucepan over the fire and heat. Add the melted butter to the flour, blend to a smooth paste and add the chilies or chili powder. Add these ingredients to the milk and cream, beating the whole until smooth. Add the catsup, salt and pepper, and then the shrimp. Hold over the flame (not a high one for fear of scorching), until the shrimp is heated throughout. Invert the dish of rice on a hot platter, and make an indentation on the top of the mound (if a ring mold is used the opening for the creamed material is already there). Pour the shrimp into the center of the rice, garnish with paprika and sprigs of parsley and serve at once.

*

Creamed Oysters and Mushrooms

1 can mushrooms
Butter

*

1 tablespoonful flour
1 pint cream
1 pint oysters
Patty shells

Cut mushrooms in half and cook in butter ten minutes; add flour, mix well, then add cream and oysters. Stir well until oysters curl up and mixture thickens. Add salt and pepper to taste and serve on toast or in patty shells.

* *

Russian Halibut

1 thick halibut steak
1 onion
1 lemon
4 tablespoonfuls catsup
4 tablespoonfuls butter

Divide halibut in four pieces. Sprinkle with salt, pepper, and a little sugar. On each piece put a thin slice of onion, a thin slice of lemon, a tablespoonful of catsup, a tablespoonful of butter, cut in small pieces. Bake one-half hour slowly. Add a little water to prevent burning.

* *

Drawn Butter Sauce

Take three ounces of butter to one ounce of flour and one-half pint of water. Put two ounces of the butter into a saucepan, and when melted, sprinkle in the flour. Stir it well with an egg whisk until the flour is well cooked but not brown, then mix in the half pint of water. When cooked, take off the fire and strain, and then stir in the remaining ounce of butter cut in small pieces. If used on fish, a few drops of lemon juice should be added.

* *

Boiled Egg Sauce

Add to one-half pint of drawn butter sauce three hard-cooked eggs chopped fine.

* *

Caper Sauce

Make drawn butter sauce and add three tablespoonfuls of capers.

* *

Tartar Sauce One-half pint of mayonnaise made with mustard and tarragon vinegar; two gherkins, and one tablespoonful capers, chopped fine, also three olives, chopped, and one tablespoonful chopped parsley, and one-half teaspoonful grated onion or chopped chives. Add minced ingredients to mayonnaise and it is ready to serve.

* *

Cucumber Sauce Beat one-half cupful cream stiff, add slowly two tablespoonfuls of vinegar, then stir in one cucumber, pared and chopped.

* *

"I hear you calling me"

MEATS AND THEIR SAUCES

†

Mock Duck Take two pounds of round steak, cut rather thin, sprinkle with pepper and salt, and make a stuffing as follows: Chop two ounces of lean ham, half a pound of suet, the rind of half a lemon, one teaspoonful of parsley, and mix with a little seasoning six ounces of bread crumbs and two eggs; spread the stuffing over the steak, roll up, tie and skewer firmly. Bake about an hour and a half, basting frequently with butter.

* *

Pot Roast Supreme Wipe three pounds of lean beef and brown all over. Place in iron or earthenware dish and add two onions cut in quarters, six carrots, peeled and quartered, two teaspoonfuls salt, one-half teaspoonful peppercorns, one bay leaf and several sprigs of parsley. Add two cupfuls of canned tomatoes and three cupfuls of hot water.

Cover and bake slowly four and a half hours. Before serving remove meat from pan and make flour-thickened gravy seasoned to taste with salt and pepper. For mustard sauce mix dry mustard with water and add equal parts of this mixture and mayonnaise.

* *

Ham with Tomato Sauce (Creole style)

Slice of ham (¾ lb.)
2 cupfuls canned tomatoes or 3 large fresh ones
1 dozen okra, cut small
1 small onion
1 teaspoonful lard

Chop the onion fine, brown lightly with lard. Add the ham, which has been diced, then the tomatoes and okra; season to taste with salt and pepper. Cook about forty-five minutes, stirring often so that okra will not burn. Serve with plain boiled rice. This quantity will serve four persons.

* *

Baked Ham with Pineapple

Put the whole ham into a deep dish with cold water and soak for three hours. Then put on the fire in fresh cold water that has added to it a carrot, an onion, several peppercorns, a bay leaf, a handful of cloves, some celery stalks and parsley and one-fourth cupful of molasses. Cook very slowly, so that the water just bubbles, for from two to two and a half hours. Pull the bone out of the end of the ham and allow it to stand in the water in which it was cooled until the next day. Remove the fat and then place the ham in a baking dish. Slice whole slices of pineapple in half crosswise, making them half the usual thickness, and cover the entire top surface of the ham, after the thick skin has been removed, with these slices, securing them firmly in place with toothpicks. Stick cloves in the openings between the slices and in the round holes and sprinkle brown sugar over the whole. Add the pineapple juice to the pan, and a little of the liquor from the boiling. Add a little maple sirup and from time to time baste with more sirup. Bake in a moderate oven until pineapple is brown and candied. Remove to platter and cool before taking out toothpicks.

* *

Round Steak en Casserole (3 portions)

1 pound round steak, cut one inch thick
½ cupful flour
1 tablespoonful onion, cut fine
2 teaspoonfuls salt
2 tablespoonfuls green pepper, cut fine
1 cupful diced carrots
2 cupfuls water

Place the meat, which has been wiped with a damp cloth, upon a meat board and cut into four slices. Pound the flour into the meat on both sides. Butter the casserole, add a layer of meat, then onions and green peppers. Add the carrots. Add the salt to the water and pour over the meat. Cover closely. Place in a moderate oven and allow to cook slowly for two hours. More water may be needed before the meat is done. Serve in the casserole.

* *

Sour Cream Roast

3½ pounds round steak
1½ cupfuls sour cream
1 large onion (sliced)
1 small bay leaf
Salt to taste
Flour
1 sweet pepper (remove the seeds)

Pound into steak as much flour as it will take. Put some fat in frying pan and sear meat on all sides. When seared, add cream and enough water to come up around the meat. Put in pan, add onion, bay leaf and pepper; cover. Set in pan of hot water, cover all and cook until tender. When done remove the meat and thicken the gravy if necessary.

* *

Norwegian Meat Balls

1 lb. round steak (ground)
1 lb. pork, lean and fat (ground)
1 teaspoonful ginger
½ teaspoonful cinnamon
2 eggs
1 large onion, minced
½ teaspoonful cloves
3 tablespoonfuls milk
Salt and pepper to taste

Mix all thoroughly together, and let stand two and one-half hours before cooking. Then make into balls or cakes and fry in hot lard. Cover while frying.

* *

Lamb Chops en Casserole

8 ribs lamb chops
2 cupfuls soup stock
2 slices of large onion
Salt, pepper and thyme to taste
2 cupfuls of cubed potatoes
2 cupfuls of peas

Brown chops in as little fat as possible; place in casserole, add stock and seasonings, and two slices of onion fried a golden brown. Parboil potatoes five minutes in salted water, fry and add to casserole with peas. Cook together in medium oven twenty minutes.

* *

Steak with Oysters

One pound of sirloin steak, eighteen oysters, one carrot, a piece of celery, some seasoning, a little parsley, one-half pint of stock, and a pinch of mustard. Chop the onion, celery and carrot very fine, place them in a pan with one ounce of butter, then lay in the steak, add pepper and salt, and celery. Add the liquor from the oysters and let simmer one hour and a half, take out the steak, put in the oysters, simmer five minutes, add a pinch of mustard, and then place on a hot dish, pour the sauce over and serve at once.

* *

French Daube (For the poor cuts of beef)

Season a thick steak with pepper and salt and fry slowly in a little lard. When well browned add a small quantity of water, a small sliced onion, some minced parsley and a bay leaf. Thicken with a tablespoonful of flour, cover

closely and let simmer for an hour. Then add a pound can of tomatoes. Let the whole cook until the meat is ready to fall to pieces.

* *

Luncheon Dish

¾ pound hamburger
½ cupful rice—well washed
1 quart can tomatoes
Potatoes
Onions
Bread crumbs

In an earthenware casserole put a layer of thinly sliced potatoes, a layer of sliced onions, the hamburger and rice. Pour the tomatoes over all and cover with the crumbs. Place cover on casserole and cook in medium oven two and one-half hours. Remove cover and sprinkle generously with cheese. Return to oven to brown.

* *

Bouilli Beef

Remove bone from a rump (or top round) of beef, wash and then cover with four tablespoonfuls of vinegar. Dredge with flour, place in a large pot, add three pints of water and bring to boil. Prepare by cutting into small pieces one small cabbage, a bunch of carrots, three or four potatoes and two onions. Season these with two scant teaspoonfuls of salt and one of pepper. Add to the kettle with the meat and stew the whole for five hours just below the boiling point, which means that the meat is simmered and not boiled until done. The beef must be frequently turned. Pickled capers or pickled cucumbers cut into small bits are an improvement if added to the sauce.

* *

Steak Español

Purchase a steak from the top of the round (or, if one prefers, a sirloin). The meat must be cut two inches thick. Place it in a roasting pan and cover its exposed, flat surface with, first, a layer of sliced Spanish onion, then a layer of green pepper cut in rings. In the center of each pepper ring place a small amount of hot canned chili. Over this spread a layer of slices of lemon cut not too thinly. Sprinkle with salt and pepper and turn over the whole a medium-sized bottle of tomato catsup to which has been added a half teaspoonful of Worcestershire sauce. Place in a moderate oven without covering and cook for two hours. Garnish with bits of pimiento and sprigs of parsley when placing on a hot platter for serving.

* *

Brains Sauté

Soak either one or two pairs of brains in cold water for an hour and then remove all the skin that it is possible to remove and boil brains until tender. Break in small pieces, salt, roll in egg and cracker crumbs and sauté in butter (or drippings) until well browned. Garnish with parsley and serve with slices of lime on hot platter.

* *

Chili Con Carne

1 pound round steak (ground)
Onion
2 green peppers
2 cans tomato soup
1 can kidney beans

Brown amount of onion preferred in butter. Add ground meat and brown. Then add finely cut green peppers and two cans of soup. (The amount of liquid may be increased by rinsing out each can after emptying the contents with one-half can of water.) Cook all together until peppers are done.

Then add beans and heat thoroughly again. Red or chili pepper may be added, according to taste.

* *

Meat Soufflé

1 pint hot white sauce
1 pint minced meat—cooked
1 teaspoonful parsley—minced
Salt and pepper to taste
½ cupful buttered crumbs
4 eggs—beaten separately

Add the meat, salt, pepper, parsley and crumbs to the white sauce. Then add the yolks of eggs, and last fold in the egg whites, beaten stiff. Place in greased baking dish or ramekins set in a pan containing one inch of hot water. Bake in a moderate oven until center is firm—about thirty-five minutes if baked in large pan or twenty-five minutes if baked in ramekins.

* *

Baked Tongue with Vegetables

Place a whole tongue in a kettle, cover with boiling water and, as the meat boils, keep the surface of the water clear of the scum that rises. After the meat has boiled for about an hour, add salt and pepper, a cupful of carrots and celery, cut in small pieces, a sprig of parsley and two medium-sized onions. Cook until the vegetables are well done. The entire time for cooking should be at least two hours, and the tongue, if not fairly tender at the end of the first cooking, before the vegetables are added, should be simmered longer before adding them. When done, remove the tongue to a platter, cut away the skin and the root and cut in half lengthwise. Place in a roasting pan, strain the vegetables from the liquid and mash them thoroughly. Add to them three cupfuls of the liquid from the meat and one cupful of tomatoes. Pour over the tongue. Bake in a moderate oven for a half hour, basting with the sauce from time to time. The sauce may be thickened for serving if desired. Arrange tongue on a hot platter, surround

with sauce and garnish with small, whole, cooked beets and slices of thinly sliced cucumber.

* *

Barbecued Ham

If the ham is raw, wash it well and soak in scalding water in a covered vessel for one-half hour. Pour off the water and add more boiling water. When the ham has stood for half an hour in the second water, wipe dry and lay in cold water for five minutes. Wipe again and then lay the slices flat in a frying pan; pepper each and lay upon it a quarter of a teaspoonful of made mustard. Pour about them some vinegar, allowing half a teaspoonful to each slice. Fry quickly and turn often. When done to a fine brown, transfer to a hot dish; add to the gravy in the pan a half glassful of non-alcoholic sherry flavoring and a very small teaspoonful of white sugar. Boil up and pour over the meat.

* *

Spiced Ham Cutlets

Cut small slices of cooked ham about a half inch thick and allow one to each person to be served. Rub a small amount of mixed mustard into each slice on both sides, rub in a small amount of Worcestershire sauce, and a bit of ground clove. Dip the slices of ham thus treated in beaten egg and then in cracker crumbs and sauté in butter or drippings until a light brown. Place on a heated platter and garnish with bits of parsley. If one desires, the cutlets may be surrounded with tomato sauce. Serve at once.

* *

Pork Sausage with Macaroni

½ pound macaroni
1 pound pork sausage
Onions (sliced thin)
1 can tomatoes (medium-sized)
1 green pepper (chopped)
Salt and pepper to taste

Cook the macaroni and put one-half in the bottom of a casserole dish. Remove the meat from the sausage skins, mix and spread in a thin layer over the macaroni. Sprinkle with chopped green pepper and salt and pepper. Cover with thin slices of onion and half of the pulp of the tomatoes. Repeat until all the material is used. Pour the liquor from the tomatoes over the whole, sprinkle with bread crumbs and bake in a moderate oven for an hour. If preferred, the sausages may be used whole.

* *

Mexican Ham

2 cupfuls white vinegar
2 cupfuls sugar
2 cupfuls raisins
2 lemons cut thin
4 dozen cloves

Soak ham over night and then boil slowly until tender. Boil vinegar, sugar, raisins and lemons until it becomes sirup-like. Stick cloves in ham, place in pan and pour the sirup over it. Bake until a light brown.

* *

Pork Tenderloin

Buy the tenderloin of the meat and slice it crosswise. Flatten it out and roll in flour that has been seasoned with salt and pepper. Place in a frying pan enough butter to cover the bottom of the pan and place in it an onion chopped fine. Cook the onion a bit and then add the meat to the hot pan and brown on both sides. Cover closely after adding one-half cupful of sour cream poured over the meat. Cook slowly for one-half hour or until tender. It will be necessary to baste the meat with the liquid in the pan once or twice during the cooking.

* *

Crown Roast of Lamb with Filling

Parts of two loins of lamb are used for the crown roast which the butcher will prepare upon request. The ends of the chops, the bones sticking up, must be protected from the heat, which will burn them to an unattractive black if they are left uncovered. This protection consists of a very stiff dough, made of flour and water and rolled or worked into little bunches, which are stuck onto the bones. After the first hour of roasting this is cut away and small balls or cubes of potatoes substituted, as a festive measure. The lower part of the lamb may be filled with chopped beef, or with well-seasoned sausage, even sausage to which a bit of scrapple has been added. Over the top of this stuffing, which has been placed in the bottom of the roast, place a whole, though small, cauliflower, to just fill the opening. Paprika may be sprinkled over it to decorate, and then the crown placed in the oven to roast. The whole crown will require about an hour and a half. It carves easily, straight down through the chops.

* *

Capon with Cauliflower Sauce

Boil the capon as one boils chicken, simmering it slowly. Remove, when tender, to a baking pan and brown quickly in a hot oven, after rubbing the surface of the skin with a bit of butter. Remove to a hot platter and surround with the following sauce.

Cauliflower Sauce

¼ cupful butter
¼ cupful white flour
1 cupful stock—in which capon has been simmered
1 cupful milk, scalded
1 cupful cauliflower, cooked and broken in pieces
Salt and pepper to taste

Make a white sauce of the flour mixed with the butter and add the milk and capon stock slowly, keeping the sauce

smooth. Add the seasoning and, when thick and smooth, the broken pieces of cauliflower. Serve as soon as possible.

* *

Stuffed Lambs' Hearts with Vegetables

Carefully wash and trim loose edges from the hearts, one of which has been allowed to each person to be served, and parboil in hot water to which has been added a tablespoonful of vinegar. For the stuffing take one cupful stale bread crumbs, one-half teaspoonful of poultry seasoning, a small onion which has been fried in a tablespoonful of butter, and a strip of bacon cut in small pieces. Mix these ingredients and add to them a whole, unbeaten egg and sufficient soup stock or water to moisten. Mix thoroughly before filling the hearts, and after filling bake them, base side down, for an hour in a roasting pan surrounded by raw peeled potatoes, onions and carrots. Pour a half cupful of water into the pan and baste the hearts frequently. This amount of stuffing provides for about three hearts.

* *

Baked Calves' Liver

Select light-colored, firm calves' liver which is small, weighing less than two and a half pounds. Have the butcher lard and roll it. Place in a roasting pan, lay a few strips of bacon over it and roast in moderate oven for an hour. Serve with brown gravy made from the drippings in the pan.

* *

Liver Molds

Boil one pound of calves' liver and grind it with three strips of bacon. Mix with about one-quarter of the amount of bread crumbs, the yolks of two eggs and seasoning to taste. Steam in buttered mold for one hour.

* *

Liver Pudding

Cut calves' liver in pieces, pound to pulp and press through sieve. To each cupful of liver pulp add one-quarter cupful of thick white sauce and one teaspoonful each of butter and salt, one-half teaspoonful pepper, a dash each of cayenne, nutmeg and allspice and two eggs. Mix well together and pass through sieve again. Place in well-buttered pint mold in pan of hot water in oven and cook from three-quarters of an hour to an hour. This may be served hot with brown sauce or cold with salad.

* *

Capon in Aspic

Remove the meat from the bones of the fowl and cut it in small pieces. Place the bones and skin in a sauce pan and cover with water. Simmer until the stock becomes yellow. Season well with salt and pepper. Mix (to each two cupfuls of liquid) two tablespoonfuls of gelatin in a little cold water to dissolve it. Add to the boiling liquid, and set aside to cool. Arrange the pieces of capon in the bottom of a mold. Or, if one prefers, deviled eggs, which have been made ready in advance, may be placed, open side down, on the bottom of the mold. Then, when cooled but just starting to thicken, sauce is to be turned over the whole and the mold placed on the ice to set. When ready to serve, unmold on a bed of crisp yellow lettuce leaves and garnish with mayonnaise. The eggs, if not molded into the aspic, may be arranged around the side of the platter in the lettuce. Bits of pimiento may be placed in the bottom of the mold, in a design.

* *

Chicken à la King in Rice Ring

½ cupful chicken stock—hot
1 cupful chicken—cubed
4 tablespoonfuls mushrooms—sautéed
½ cupful milk—scalded
4 tablespoonfuls cream
2 tablespoonfuls fat—chicken or butter
2 tablespoonfuls flour
½ teaspoonful salt
2 tablespoonfuls butter
2 tablespoonfuls pimientos—cut in thin strips
1 egg yolk

After melting the fat, add the flour. Mix well, then add very slowly the stock, then the milk and finally the cream. After this reaches the boiling point add the butter, salt, chicken, pimientos and sliced mushrooms, which have been sautéed for five minutes in one tablespoonful of the butter. After thoroughly mixing, add egg yolk, which has been beaten. Surround with ring of cooked rice seasoned to taste.

* *

Chicken Aspic

4 tablespoonfuls gelatin
½ cupful cold water
1 pint celery—cut in small pieces
1½ pints well-seasoned chicken stock
1 pint chicken cut in small pieces

Soak the gelatin in cold water. Heat the stock to boiling point. Add soaked gelatin, remove from fire and stir until gelatin is dissolved. Strain. Rinse mold in cold water; pour in enough of the stock and gelatin mixture to fill mold one-quarter inch in depth. Chill, and when set arrange design, using hard-cooked eggs, pimiento, green pepper, etc. Cover this with a little of the stock gelatin mixture and chill again until design is set. Mix celery and chicken and fill mold with this, pour the remaining meat stock gelatin mixture over the whole. Chill. This may be molded in individual molds or a large mold.

* *

Croquettes with Mushroom Sauce

Remove the meat from the bones of a well-cooked fowl and return the bones and skin to the liquor in which the meat was cooked and boil the liquor down to about half quantity. Mince the meat and make a very small amount of rich white sauce, sufficiently thickened to hold the chicken together, and shape it into croquettes. Roll them in egg and cracker crumbs, having seasoned the mixture to taste, and set aside for several hours. Croquettes fry better and look better if allowed to stand for a time after the eggs and crumbs are applied than when fried at once. Fry in deep fat to a golden brown. A bit of red pepper may be added to the croquettes for seasoning.

* *

Mushroom Sauce

Place a piece of butter the size of an egg in a sauce pan and add two tablespoonfuls of flour. Blend the two and gradually add the chicken stock (cooked down with the bones) to an amount of one cupful. Strain stock before using. When this sauce has thickened, add just enough cream to give the desired consistency for pouring over the croquettes and add a cupful of mushrooms which have been peeled, but in pieces and sautéed in butter. Serve over the croquettes.

* *

Chicken Curry

Cut cold chicken into pieces about one-half inch in size until there are two cupfuls of the pieces. Place two tablespoonfuls of butter and one tablespoonful of flour in a double boiler and add pepper and salt to taste. Stirring constantly, add one and one-half tablespoonfuls of curry powder and blend these materials well. Add to them one cupful of chicken stock (which may be made with chicken bouillon cubes, if no broth is at hand) and cook, stirring constantly

until the sauce is quite thick. Add the chicken and cook until it is thoroughly heated. Have a ring of cooked rice on a hot platter. Put the chicken curry mixture in the center and garnish with sprigs of parsley.

* *

Chicken "Cheping"

1 roasting chicken (cut as for fricassee)
5 large onions
1 bunch celery—bleached part
Sprig parsley
1 can mushrooms
½ cupful olive oil
1 quart can tomatoes
2 cloves garlic
1 pint green olives
1 tablespoonful tomato sauce
1 tablespoonful of Worcestershire sauce

Heat the olive oil and brown the chicken thoroughly, cooking it until nearly tender. Season to taste. Grind the onions, garlic and celery and cook until tender in the olive oil. Do not brown. Add all the other ingredients except the olives and mushrooms. Add the chicken, cover and cook slowly until the chicken is done. Add the olives and mushrooms one-half hour before cooking is completed. It is better if set away and served hot the next day.

* *

Chicken and Egg Cutlets

Mince or cut left-over cooked chicken in small pieces and to each cupful of chicken meat add two chopped hard-cooked eggs. Make a cream sauce of one cupful of milk, and enough flour to make a thick sauce, as it must be a thick sauce to be successful. Flavor the sauce with a few drops of onion juice, a bit of red pepper and a teaspoonful of parsley chopped very fine. Add the egg and chicken mixture, and after flouring the hands form the mixture into little balls or chop-shaped cutlets. Roll in raw egg and cracker crumbs and fry in deep fat until well browned. Serve on a hot platter

garnished with parsley. Tomato sauce may be poured over the cutlets just before serving if desired.

* *

Chicken en Casserole

1 chicken
1 onion
Salt and pepper to taste
½ cupful diced carrots
3 tablespoonfuls butter or drippings
1 cupful diced celery
Few stalks of celery
Sliced pimiento
1½ cupfuls water or chicken stock
1 green pepper

Heat the drippings or butter in an iron frying pan and fry thinly-sliced onion until a light brown. Roll pieces of chicken (well-picked and cut in pieces) in flour and brown in the fat. Place the pieces of browned chicken together with the vegetables in the casserole dish, adding the water which has been rinsed around the pan to gather up the particles of "brown." Cover closely, place in a moderate oven and cook for two hours.

This dish, when cooled, may be placed in the ice box and served as molded jellied chicken, for by the next day it has jellied of itself. It may also be served hot.

* *

Jellied Chicken

Clean and cut up a three- or four-and-a-half-pound fowl and stew very slowly adding an onion, a bay leaf and two peppercorns, until tender and meat falls from the bones. (When partially done add one-half teaspoonful salt.) Reduce the stock in which the chicken has been cooked to one cupful, remove fat, strain and set aside. Remove bones and skin from the meat and press the meat into a mold. Halves of hard-cooked eggs, parsley and pimiento may be placed in the bottom of the mold. Pour the stock over the meat, cover

closely and place in the refrigerator for several hours. Remove to a chilled platter and garnish with lettuce leaves and mayonnaise.

* *

Chicken Livers Supreme

1½ dozen chicken livers
2 tablespoonfuls butter
¼ teaspoonful fresh onion pulp
1 can mushrooms
Salt and pepper to taste

Sauté the mushrooms in the butter, and in the meantime parboil the chicken livers. Add the onion pulp to the dish containing the mushrooms and then the chicken livers. Cook slowly until the livers are tender, adding more butter if necessary. Add a half cupful of cream and, when it is thoroughly heated, salt and pepper to taste. Serve on crisp pieces of toast that have had the crusts removed before toasting. Garnish with parsley. Patty shells may be substituted for the toast.

* *

Chicken Loaf

Cut a roasting or stewing chicken in pieces as for frying and simmer the pieces in salted water until tender, just covering the meat with the water. When the meat is tender, remove it to a platter and clear away the skin. Remove all the meat from the bones, breaking them and returning them with the skin to the liquor in which the chicken was cooked. Boil these materials a little while longer and then strain the liquid. Place the meat in a bowl and chop or separate it somewhat, adding one tablespoonful each of pimiento, green pepper and celery, all cut in very small pieces. Arrange on the bottom of a mold slices of hard-cooked egg notched to give a festive appearance and strips of pimiento. These articles should be arranged in a design. Place the chicken carefully over the design and then, when the liquor which has

been seasoned to taste with salt, pepper and celery salt (if desired) has started to set, turn it carefully and slowly over the chicken which has been packed in the mold. Allow to set in cold place until the broth has jellied, forming a loaf that may be sliced and served on lettuce leaves with mayonnaise, if desired.

* *

Chicken Pot Roast Prepare a chicken as for roasting. Peel numerous small onions, place them in the well-cleaned interior of the fowl and sew up carefully that the seasoning may not escape. Place the chicken in a kettle which may be closely covered and add sufficient water to cover about a third of the fowl. Simmer until the pot is dry, remove the chicken, wipe it very carefully with melted butter, roll it in flour, which has been salted and peppered, and place again in the kettle, without the cover and with a little butter to brown it. Place over the fire, turning frequently until browned. Place on a heated platter and make a flour-thickened gravy of the brown particles in the bottom of the kettle.

* *

Ragout of Chicken Cut the cold chicken into small bits, tearing it as little as possible. Put it in a sauce pan with the gravy and stuffing left from the roast, adding enough hot water to dilute it. Add a piece of butter and stew slowly for ten minutes, not more, then thicken with a little browned flour mixed in water. Bring to a boil at once and serve.

* *

Chicken Surprise

1½ cupfuls of cold diced chicken
1 small slice cold boiled ham —coarsely ground
Few mushrooms cut in pieces

Make a sauce of three tablespoonfuls of butter melted and blended with three tablespoonfuls of flour. Add chicken stock which has been cooked down to a rich consistency, in quantity two-thirds of a cupful. Season with salt and pepper to taste, add a dash of cayenne and lastly two slightly beaten eggs. Cook for about five minutes just below the boiling point. Do not allow to boil. Add the chicken, ham and mushrooms and spread the mixture out over a buttered platter to cool. Then shape egg-sized quantities into little cylinders, and wrap thinly-sliced strips of raw bacon around these, securing them with toothpicks. Dip in batter and fry in deep, piping hot fat until they turn a golden brown. Drain them on brown paper, arrange on a heated platter (first removing the toothpick), garnish with parsley and surround with a well-seasoned sauce, tomato or, preferably, mushroom.

* *

Chicken Tomato in Chafing Dish

Place a cupful of stewed tomatoes in a chafing dish and season with salt, pepper and a dash of red pepper to taste. Add, if desired, a very few drops of onion juice. Next add a cupful of chicken meat (cooked) and heat the whole thoroughly. Add, after the materials in the dish are hot, a tablespoonful of butter and, if desired, a half cupful of fresh or canned mushrooms which have been cut in pieces. When heated and well blended, add to the dish one-half package of cooked fine spaghetti or macaroni. Serve hot.

* *

Breasts of Guinea Hen

Remove breasts of guinea hen, leaving wings attached. Force bits of butter into the upper side of the breasts, as in larding meat. Sprinkle the meat with pepper and salt and dredge with flour. Sprinkle over with sweet cream and cook in hot oven for a half hour, basting with water which is added to pan for the purpose just before meat goes in to cook. Serve on a slice of buttered toast—with moistening of the liquid from the pan.

* *

Guinea Hen en Casserole

Dark meat of guinea hen
1 onion
Salt and pepper
1 green pepper
½ cupful diced carrots
3 tablespoonfuls butter or drippings
1 cupful diced celery
Few stalks celery
Slice pimiento
1½ cupfuls water or chicken stock

Heat the drippings or butter in an iron frying pan and fry thinly sliced onion until a light brown. Roll pieces of guinea hen (well-picked and cut in pieces) in flour and brown in the fat. Place the pieces of browned guinea hen in the casserole dish together with the vegetables, adding the water which has been rinsed around the pan to gather up the particles of "brown." Cover closely, place in a moderate oven and cook for two hours. This dish, when cooled as it stands, may be placed in the refrigerator and served as molded jellied guinea hen, the next day. It may also be served hot.

* *

Pressed Chicken

Cut up the fowl and put in a kettle with a tight cover to retain the steam. Put two cupfuls of water and plenty of salt and pepper over the chicken, and let it cook until the meat comes easily from the bones. Cut or chop all the meat

except skin and gristle, as for chicken salad, put into a dish and pour the liquid in which the chicken was boiled over it. This will jell when cold and will slice nicely. The secret of this dish lies in not having too much water, as it will not jell if too weak.

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Ragout of Turkey Cut the cold turkey into small bits, tearing it as little as possible. Put it in a sauce pan with the gravy and stuffing left from the roast, with hot water enough to dilute it. Add a tablespoonful of butter and stew slowly for ten minutes, not more, then thicken with a little browned flour mixed in water. Bring to a boil at once and serve. Cranberry or currant jelly may be added.

* *

"A dog's life"

VEGETABLES

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Spanish Corn

1 can corn
1 cupful sweet milk
1 cupful corn meal
½ can tomatoes or 1 small can tomato sauce
Salt to taste
2 eggs
1 tablespoonful sugar
½ cupful butter
1 tablespoonful Spanish pepper
1 small bottle stuffed olives
Use liquor to mix

Bake in slow oven about one hour.

* *

Eggplant and Meat

1 eggplant
½ onion
Bread or cracker crumbs
Several tablespoonfuls hamburger
1 egg

Boil the eggplant until tender. Cool and remove pulp from skins. Fry the hamburger, highly seasoned, and chopped eggplant in grease until well cooked. Bind together with the egg and put in buttered casserole. Place bread or cracker crumbs on top and bake until brown. Leave top off casserole while baking.

* *

Real Italian Spaghetti
By a Florentine

1 box spaghetti
2 cans tomato soup
¼ lb. Parmigiano cheese
1 medium-sized onion
1 small green pepper
A few sprigs parsley
2 strips of bacon
1 tablespoonful Worcestershire sauce
1 tablespoonful butter
¼ lb. ground meat

The above quantities will make a meal for four people, or will serve six.

The meat may be of any kind, cooked or raw.

Place one and one-half tablespoonfuls of salt in four quarts of water and put on to boil.

Cut the pepper, parsley, and bacon into small pieces; chop the onion very fine and place in an iron frying pan with the butter over a slow fire, stirring until almost brown. Then add the two cans of tomato soup, stir thoroughly, and add the ground meat. Let the whole mixture cook slowly for ten minutes longer if cooked meat is used, but if raw meat is used cook twenty minutes. Add the Worcestershire sauce just before turning off the fire. Put on the back of the stove and keep warm.

The water will have come to a boil in the meantime. After it has boiled hard, add the spaghetti. Italians do not break it up. Stir as soon as the spaghetti is put in the water to keep it from sticking to the pot. Let it boil exactly twelve minutes, then pour off the water through a colander. Drain off all the water thoroughly. This will keep it from matting into a sticky mass.

Put the cooked spaghetti in a big serving dish and pour the sauce over it. Then pour half of the cheese, which should be grated beforehand, over the dish. Serve piping hot.

* *

Potatoes Supreme, with Peanuts

2 tablespoonfuls butter (or substitute)
2 minced onions
1 minced green pepper
2 tablespoonfuls flour
¼ teaspoonful pepper
1½ pints milk
1 qt. cooked diced potatoes
1½ cupfuls coarsely chopped peanuts
1½ teaspoonfuls salt

Melt butter in a sauce pan; add onions and pepper, and, when softened, stir in flour, salt and pepper. Add milk slowly and, when boiling, stir in the potatoes. Reheat and

add peanuts, reserving a few to sprinkle over the top after it has been placed in serving dish.

* *

Rice Croquettes

1 large cupful cooked rice
½ cupful milk
1 egg
1 tablespoonful sugar
1 tablespoonful butter

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Asparagus Loaf

1 cupful cooked asparagus
1 cupful cracker crumbs
1 egg well-beaten
2 cupfuls milk
1 tablespoonful melted butter
1 level teaspoonful salt

Separate asparagus with fork. Add other ingredients and mix thoroughly. Steam in a well-buttered mold for three-quarters of an hour.

To serve, turn onto a large plate and garnish with currant jelly and parsley.

* *

Meat Substitute

Remove skins from six large tomatoes. Melt one tablespoonful butter in sauce pan; add two tablespoonfuls finely chopped onion; cook three minutes without browning; then add the tomatoes and a cupful of chopped mushrooms. Cook five minutes; then stir in butter size of walnut, cupful of dry fine bread crumbs, pepper and salt. Turn this mixture into a greased pudding dish, cover with buttered crumbs, place in hot oven, cover for fifteen minutes, then uncover to brown.

* *

Eggplant Ragout
Meat Substitute

Cook a medium-sized eggplant in boiling salted water for from 20 minutes to one-half hour until it is easily pierced with a fork. Remove from

water and lay on china plate to cool and drain. The plate should be slightly tipped so that the juices will drain off.

When cool, break off the stem and strip off the skin. Place the eggplant in a casserole and chop up fine.

Wash, clean and chop up fine a green pepper. Peel and chop an onion. Chop or grind a cupful of walnut meats. Use salted peanuts if preferred. Mix these ingredients thoroughly with the eggplant. Moisten with a cupful of canned tomatoes. Season highly with salt, pepper and celery salt. Sprinkle over the top Parmesan cheese finely grated. Dot with butter and bake in moderate oven.

* *

String Beans, Piquant Sauce

Sauce: Chop one medium-sized onion, sauté it in one tablespoonful butter until slightly colored. Add two tablespoonfuls minced ham, one cupful stewed tomatoes or tomato sauce, one-half teaspoonful salt, one teaspoonful sugar.

Unless tomatoes have been previously seasoned, add a dash of cayenne. Cook fifteen minutes, stirring frequently. Add two cupfuls of canned small string or wax beans drained; simmer fifteen minutes longer, add one tablespoonful butter and serve. The ham may be omitted if desired.

* *

Stuffed Tomatoes

6 tomatoes
1 cupful minced ham
1 green pepper
1 teaspoonful salt
1 cupful buttered crumbs
Pepper

Select tomatoes of uniform size, cut a piece from top, and scoop out centers and drain, dust with salt and pepper. Fill with above mixture and bake one-half hour, basting every ten minutes.

* *

Fried Tomatoes Cut amount of tomatoes desired in slices one-half inch thick. Dip in egg and bread crumbs. Fry in skillet until golden brown on both sides. Place on platter. Make a cream sauce or gravy in skillet after removing the tomatoes. Pour over tomatoes and garnish with parsley.

* *

Creamed Cucumbers Peel and boil until tender three large, firm cucumbers. Turn into a colander and drain thoroughly. Split and remove seeds and cut the remainder into small cube-like pieces. Make a white sauce of butter rubbed into flour and milk and add to it the cucumbers. Heat thoroughly, season with salt and pepper, and serve as a vegetable.

* *

Cabbage Delicious Chop one head of green cabbage into the smallest pieces possible. Have ready a large kettle of water that is boiling hard to which has been added a pinch of soda and salt. Drop the cabbage in slowly, without stopping the boiling. Cover and cook for eight minutes only. Drain, add butter, pepper and salt, and serve at once.

* *

Fried Summer Squash Pare and slice the squash. Beat one egg, add two tablespoonfuls water or milk, and season with salt and pepper. Dip the slices of squash into the egg mixture, then into fine bread crumbs, or flour. Heat frying pan; add shortening. When hot, add slices of squash, cooking until a golden brown on each side.

* *

Canned String Beans

1 can string beans
1/3 cupful salad oil
1 large tablespoonful bacon cut fine
1 large tablespoonful onion cut fine
1 teaspoonful butter
Salt and pepper

Put oil, bacon, onion and butter in frying pan; cook until a light brown. After beans have been heated, drain and pour above mixture over them.

* *

Baked Rice and Tomatoes

Take one cupful of boiled rice seasoned with butter, pepper and salt. Slice some tomatoes thin and put in a baking dish in layers of rice and tomatoes, and on top put a layer of cracker crumbs and a few lumps of butter. Bake about fifteen or twenty minutes.

* *

Scalloped Asparagus

Wash twenty-five stalks of asparagus, cut off the tender portion, and place in cold water until needed. Drain them and chop them with a young head of lettuce and a small onion. Put a piece of butter the size of an egg into a sauce pan, melt it, then add a tablespoonful of flour. Stir until smooth, and then add one cupful of stock (or water). Add the chopped vegetables with pepper and salt and stew gently until done, about one-half hour.

* *

Baked Cauliflower

1 tablespoonful flour
1 tablespoonful butter
1 cupful chicken broth (or milk)
2 tablespoonfuls thick cream
¼ cupful grated cheese (American or Parmesan)

Prepare large head of cauliflower, leaving some tender green leaves. Trim the stalk so the cauliflower will stand level. Boil, taking care it is not overdone. Put into well-buttered baking dish that may be sent to table. Dust with salt and black pepper. Pour over the cauliflower a sauce made of the ingredients listed above and sprinkle with the grated cheese. Bake ten or fifteen minutes.

* *

Corn Timbales

2 cupfuls corn
½ cupful cream
3 eggs
1 tablespoonful butter
½ teaspoonful salt
½ cupful crumbs

Scrape corn from ear and add cream. Beat egg yolks slightly; add butter, salt and cayenne. Fold in egg whites beaten stiff. Fill buttered molds lined with soft crumbs and bake in pan of water twenty minutes. Serve with a white sauce to which has been added a can of tomatoes.

* *

Sauce for Boiled Beets

1 tablespoonful flour
1 tablespoonful butter
1 tablespoonful sugar
½ teaspoonful mustard
1 cupful boiling water
½ cupful vinegar
Pinch of salt and pepper

Boil beets until tender, peel and serve hot with sauce.

* *

Spinach Timbales

1½ cupfuls boiled spinach
2 tablespoonfuls soft crumbs
Salt and cayenne pepper

Sauce

1 tablespoonful flour
1 tablespoonful butter
½ cupful cream

Line timbale mold with hard-cooked egg and fill with spinach mixed with crumbs. Bake in pan of water twenty minutes.

* *

Spinach Ring

2 tablespoonfuls butter (or substitute)
1 cupful finely chopped spinach or spinach purée
½ teaspoonful baking powder
½ cupful grated cheese
2 tablespoonfuls flour
½ cupful milk
½ teaspoonful salt
⅛ teaspoonful paprika
Few grains nutmeg
3 eggs beaten separately

Melt butter, add flour, mix well until smooth, and cook until frothy; then add cold milk; stir constantly, until quite thick. Add cheese, spinach, beaten yolks and seasoning; then fold in stiffly beaten whites to which baking powder has been added. Pour into well-greased ring mold; set mold in pan of hot water and bake in a moderate oven about forty-five minutes. To test, run sharp knife through center; if it comes out clean, soufflé is cooked. Serve at once.

* *

Hubbard Squash Soufflé

1½ cupfuls squash
½ cupful milk
2 eggs beaten separately
1 tablespoonful butter

Boil, drain and mash the squash and add other ingredients. Bake in a casserole (uncovered) about an hour or until it puffs in the center. This is sufficient to serve six people. Very attractive to use with an orange color scheme. Do not substitute any other squash.

* *

Baked Hominy Grits

1 small cupful grits
1 tablespoonful butter
3 eggs
1½ cupfuls sweet milk

Into a pint of salted boiling water stir hominy and cook about an hour. Remove from fire and add other ingredients,

well-mixed and beaten. Pour into buttered casserole and bake slowly one hour.

* *

Savory Rice

1 cupful rice
4 slices bacon
Salt, pepper to taste
1 onion
1 green pepper
½ cupful tomato sauce

Boil a cupful of rice in salted water for twenty-five minutes. Grind up four slices of bacon, one green pepper, one onion, and cook in pan until brown. Drain rice and add to mixture, together with one-half cupful tomato sauce and seasoning. Bake in casserole for fifteen minutes in a hot oven.

* *

Spanish Beans

4 cupfuls beans (red or kidney)
2 cupfuls strained tomatoes or
1 can chili sauce
½ cupful olive oil
1 clove garlic
2 medium-sized onions

Soak beans overnight. Drain and cover with boiling water. Cook one hour. Chop onions and garlic; fry in oil until tender. Add tomato or chili sauce. Season to taste with little red chili peppers and salt. Drain beans and add the sauce. Cook together over slow fire three hours, adding boiling water when necessary.

* *

Eggplant with Tartar Sauce

Peel eggplant; slice in medium-thick slices. Let stand in cold salted water thirty minutes. Take from water, wipe dry, roll in beaten egg and cracker crumbs, fry slowly to golden brown. Lay

slices on brown paper to drain; place in warming oven to keep hot. Serve with tartar sauce made as follows:

1 cupful mayonnaise
1 small grated onion added to mayonnaise
1 small dill pickle
A bit of garlic
Garnish with parsley

* *

Mashed Green Bananas

Peel quantity of bananas desired and boil them in salted water until soft, which will require about forty minutes. Use a great sufficiency of water that the slight bitterness of the fruit may simmer away in it. Drain and mash as a potato is mashed, adding butter, salt and pepper.

* *

Vegetable Croquettes

1 pint mashed cooked vegetables (preferably mixed carrots, beans and peas)
1 cupful hot thick white sauce
Egg and crumbs
Seasoning

Mix well. The seasoning depends largely upon that already in the vegetables (salt and pepper to taste, dash of cayenne, grated nutmeg, grated onion, chopped parsley). If the mixture is too soft to mold add fine cracker crumbs until of the proper consistency to shape, then form into croquettes, dip in crumbs and fry in hot fat until nicely browned.

* *

Baked Asparagus

Cut tender portion from one bunch of asparagus and boil in salted water. Then place the asparagus in an oval baking dish, either glass or pottery, draining the liquor from the asparagus before transferring it. The tips of the vegetable should march in one direction. Pour over the whole a generous amount of cheese sauce and sprinkle buttered

cracker crumbs over the top, garnishing with dottings of butter and a sprinkling of paprika. Place in a hot oven and bake until crumbs are well-browned. Serve piping hot.

* *

Mexican Beans

1 can kidney beans (medium-sized can)
1 gill of cream
Pinch of salt
½ tablespoonful dry mustard
Dash of paprika
1 tablespoonful mixed pimiento

Blend these ingredients and cook over a very low flame for about twenty minutes. Serve immediately.

* *

Scalloped Kidney Beans

1 can red kidney beans
1/3 cupful uncooked rice
1 can of tomatoes (two cupfuls)
1 tablespoonful sugar
¼ cupful chopped onion
1 tablespoonful drippings
1 teaspoonful salt
½ teaspoonful paprika

Parboil rice for five minutes, then drain; arrange beans and rice in layers in casserole. Mix tomatoes, sugar, onion, drippings, salt and paprika and add to bean mixture. Bake in a moderate oven for thirty minutes.

* *

String Beans Supreme

1 can string beans or equivalent in fresh beans
1/3 cupful salad oil
1 large tablespoonful of bacon cut fine
1 teaspoonful of butter
1 large onion cut fine
Salt and pepper

Put the oil, the bacon, onion and butter in a frying pan and cook until a light brown. After beans have been heated drain and pour this mixture over them.

* *

Beet Greens in Ramekins

Clean the beet greens and cook them in salted water until tender. Mix them with a white sauce which has been seasoned with a bit of Worcestershire, add a minced, hard-cooked egg, place in individual custard cups, cover with buttered cracker crumbs and brown in a hot oven.

* *

Stuffed Whole Beets (with Halibut)

Flake cold cooked halibut in small pieces, having the fish free from bones. Scoop out the center of boiled beets that are young and tender (do not attempt to work with them until they are thoroughly cold) and chop the pieces of beet that come from the centers and add to the flaked fish. Add two tablespoonfuls of finely minced stuffed olives and mix all together with sufficient mayonnaise to moisten. If desired, add to the mixture a few drops of onion juice. Return the mixture to the centers of the beets, chill the whole and serve on crisp lettuce leaves with a strip of pimiento or a garnish of rings of green pepper and mayonnaise.

* *

Brussels Sprouts with Chestnuts

For each boxful of Brussels sprouts required have ready:

½ lb. chestnuts
1 tablespoonful flour
½ cupful butter
1½ teaspoonfuls sugar

Remove the shells and the paper skins from the chestnuts and cook them in boiling salted water until they are tender. Melt one-fourth cupful of the butter and place it in a sauce pan with the sugar, cooking it until it browns slightly. Place the cooked chestnuts in this and simmer them for a few moments. Clean the sprouts and cook them until tender; drain

thoroughly, retaining one cupful of the liquid in which they were cooked. Mix the remaining one-fourth cupful of butter, which has been melted, with the flour into a smooth paste. Then slowly add the liquid from the sprouts and cook together until a smooth sauce results. Add the chestnut mixture to this sauce and then the sprouts. Heat all thoroughly together and serve at once.

* *

Baked Cabbage

Boil a head of cabbage until tender, drain it as dry as possible, chop fine, add salt, pepper and a bit of onion juice, two tablespoonfuls of butter and two of cream. Place these materials, when well-mixed, in a buttered baking dish and bake for three-quarters of an hour. Serve piping hot.

* *

Baked Stuffed Cabbage

Select a large, firm head of cabbage and remove the outer leaves that are discolored or broken. At the stem end remove a slice deep enough and sufficiently wide to scoop out the center of the head easily. Remove the stem and pulp, leaving a side wall about an inch thick. Put the pulp aside for a salad, and place the cabbage in a baking dish with the open end up. It is well if a dish is at hand that nicely fits the cabbage, thus rendering support. Cut four strips of lean bacon into very small pieces and fry them slowly in a frying pan, to which, as the bacon cooks, is added a medium-sized onion, chopped, and a clove of garlic mashed to a pulp. Fry until the onion is done, but not very brown, and add this combination of ingredients to sufficient bread crumbs to fill the cavity in the cabbage. Add milk enough to soften the bread and a bit of poultry seasoning. Season the whole with salt and pepper to taste and add one unbeaten egg, which is to be well-mixed in, to bind the

dressing together. Fill the cabbage and cover the opening with strips of bacon and a slice of pimiento. Bake in a slow oven from one and a half to two hours, depending upon the length of time required to cook the cabbage until tender when pierced with a fork. Serve hot, and if desired, a tomato sauce may be poured over the cabbage before taking it to the table. The cabbage may be sliced either lengthwise or across for serving. Cover while cooking that the cabbage may steam tender.

* *

Scalloped Cabbage

Cook a small head of cabbage in salted water until tender. Drain, cool and cut in pieces. Add to a cupful and a half of white sauce, place in a baking dish and cover with bread crumbs. Place in oven until well-heated.

* *

Baked Carrots

2 cupfuls cooked mashed carrots
2 tablespoonfuls chopped green peppers
1 tablespoonful chopped onion
½ cupful meat stock or cream

Brown the onion in oil or butter and add one tablespoonful of flour. Add the stock or cream and pour over the carrots. Cover with bread crumbs and brown in oven.

* *

Carrot Ring

1 bunch carrots
4 eggs
½ cupful cracker crumbs
1 cupful cream, beaten very stiff

Boil and mash the carrots. Beat the yolks of the eggs thoroughly and add one heaping cupful of the mashed carrots, then the cracker crumbs, stiffly beaten cream and salt to taste. Lastly, add the stiffly beaten whites of the eggs.

Put into a hot ring mold which has melted butter in it to well cover the bottom, place the mold in a pan of hot water and bake in a moderate oven for twenty-five minutes. Turn out on a platter and serve with Sauce Allemande.

* *

Sauce Allemande

Melt three tablespoonfuls of butter in a sauce pan and add to the melted butter three tablespoonfuls of flour, and blend. Add to them gradually one cupful of white stock and one beaten egg yolk, and season with salt, pepper and a few drops of lemon juice. Pour the sauce in the center of the carrot ring.

* *

Cauliflower Fritters

Cut cold cooked cauliflower into inch squares and sprinkle them with salt and pepper to taste. Dip each piece in the following batter and fry in deep fat. Drain on brown paper and serve with or without a sauce, as desired.

* *

Fritter Batter

1 cupful flour
Pinch of salt
2/3 cupful sweet milk
2 egg yolks
2 egg whites
1 tablespoonful melted butter

Mix the salt with the flour, add the milk slowly and beat to a smooth paste. Next add the well-beaten yolks of the eggs, the butter and lastly the whites of the eggs beaten stiff and dry.

* *

Cauliflower with Buttered Crumbs

Boil the cauliflower in the usual fashion keeping it in one unbroken head, and place in a casserole dish, after it has been well-drained. Cover

with buttered bread crumbs. Then place in the oven and brown just before serving.

* *

Celery Baked with Cheese

Boil four bunches of celery in salted water to cover for about twenty-five minutes. Drain. Have ready a cupful and a half of cream sauce (medium) and two-thirds of a cupful of grated American cheese. Butter a glass baking dish and in the bottom place a layer of the celery cut in two inch pieces. Cover with the white sauce, which should be well-seasoned, and then with a sprinkling of the grated cheese. Repeat the layer of celery, sauce and cheese and on the top, when the other materials are consumed, place a layer of cheese last of all, with paprika for garnishing. Place in a moderate oven until thoroughly heated and the cheese melts.

* *

Celery Root en Casserole

Purchase a small celery root. Scrub and peel it and cook it in boiling water until tender, which may require close to two hours. Drain, rinse in cold water and cut into small pieces. Have ready a buttered casserole dish. Place a layer of the root in the bottom of the dish, cover with white sauce and a very few gratings of American cheese, sprinkle with salt and pepper and repeat until the celery root is consumed. Bits of ground ham may be sprinkled over the root in place of or in addition to the cheese. Neither the cheese nor the ham is necessary to the success of this dish. Cover the top with buttered bread crumbs, decorate with paprika and place in the oven for twenty minutes to heat thoroughly.

* *

Cream of Corn Supreme

Cut the corn from the cob but do not attempt to remove the full grain with the first cutting, as much of the husk comes also when the knife goes too deep. Remove or slit the tops of the grains with the knife and scrape the remainder. Place in a sauce pan, add butter, pepper and salt and enough cream to moisten well. Cook slowly for from twelve to fifteen minutes. Serve at once.

* *

Corn Soufflé

1 can corn
2 tablespoonfuls butter
2 tablespoonfuls flour
1 cupful sweet milk
1 teaspoonful salt
2 eggs
Pepper to taste

Melt the butter and work in the flour. Add the milk slowly and bring the whole to the boiling point. Add the corn, salt and pepper and the yolks of the eggs well-beaten. Lastly add the stiffly beaten whites by cutting them into the mixture. Bake in a buttered baking dish for thirty minutes in a moderate oven.

* *

Scalloped Cucumbers

Place in a buttered baking dish a layer of thinly sliced cucumbers, a layer of green peppers, and one of sliced tomatoes. Then cover with bread and cracker crumbs and repeat until the dish is filled, seasoning each layer with salt and pepper. Make the top layer one of crumbs and pour into the dish at the side a broth made of a bouillon cube (or soup stock, if available) and bake in a hot oven from thirty to forty minutes.

* *

Baked Eggplant

Pare a good-sized eggplant and boil it gently in salted water until it is tender. Drain it well and add two tablespoonfuls of butter, a half teaspoonful of salt, a generous dash of pepper and about two tablespoonfuls of chopped, green pepper, one tablespoonful of bread crumbs and mix well. Add an egg yolk slightly beaten and place the mixture in a casserole dish. Cover the top with the crumbs, dot over with butter and place in the oven for fifteen minutes. Minced or grated onion may be added to this mixture, if desired.

* *

Creamed Eggplant on Toast

One medium-sized eggplant, three tablespoonfuls butter, three tablespoonfuls flour, one-quarter teaspoonful salt, dash of pepper, two tablespoonfuls lemon juice, four tablespoonfuls grated cheese, four triangles of toast, paprika, and one cupful of water. Peel eggplant and cut in half. Scoop out seeds and cut into strips lengthwise. Drop into boiling salted water and cook until tender, about twenty minutes. Drain. Melt butter, stir in flour and slowly add water, stirring constantly. Bring to the boiling point and add salt and pepper. Let boil three minutes and beat in lemon juice. Remove from heat and carefully add eggplant. Serve on toast. Sprinkle with grated cheese and paprika. Put under the flame of a broiler or in a very hot oven just long enough to melt the cheese.

* *

Braised Lettuce

5 medium-sized heads of lettuce
3 tablespoonfuls butter
Sprinkling of pepper
1 tablespoonful fresh lemon juice (not lemon flavoring)

Boil the heads of lettuce very gently for about twelve minutes. Drain on a fresh tea towel, folding one side over

and forcing out as much water as possible. Place the butter in a sauce pan and melt it, place the heads in the butter and cover closely. Simmer at lowest possible point for about an hour. Sprinkle with the pepper and drop the lemon juice over the lettuce in small quantities. This serves six persons.

* *

Wilted Lettuce

Shred a head of lettuce into approximately inch wide strips and place the strips in a previously heated vegetable dish. Sprinkle well with salt and set aside in a warm place for ten minutes. Melt a tablespoonful of butter in a sauce pan, add a half cupful of vinegar and water in equal parts, a tablespoonful of sugar and more salt—a generous pinch. Heat this to the smoking point, pour it over the lettuce, fork it up and serve immediately. It may be garnished with sliced or chopped hard-cooked egg or with pieces of chopped, crisp bacon.

* *

Mushrooms "Chili"

1 cupful sweet cream
2½ tablespoonfuls catsup
2½ tablespoonfuls chili sauce
3 teaspoonfuls Worcestershire sauce
2 tablespoonfuls butter
1 lb. mushrooms

Place the butter in a sauce pan and add the mushrooms which have been skinned, wiped dry and cut in pieces (not too small) and sauté gently for five minutes. Then add to this mixture the catsup, chili sauce, Worcestershire and sweet cream. Cook the whole for about ten or eleven minutes and remove to a serving dish, or place on toasted squares and serve on a small platter garnished with strips of pimiento and bits of parsley.

* *

Creamed Mushrooms in Patty Shells

1 lb. mushrooms
1 tablespoonful of butter
1 tablespoonful of flour
Salt and pepper to taste
1 cupful cream or milk
1 egg yolk

Prepare mushrooms and cut the larger caps and stems in pieces, leaving the smaller ones whole. Boil in salted water for fifteen or twenty minutes and drain. Make the cream sauce by melting the butter in double boiler or sauce pan; stir in flour and seasoning gradually, making a smooth paste. Add to this the cream and stir until smooth. Add the mushrooms, and just before serving, blend thoroughly with the mixture the beaten yolk of one egg. Serve in warmed patty shells and garnish with paprika.

* *

French Fried Mushrooms

Select good-sized mushrooms. Use the stems for a mushroom sauce or soup. Peel the caps, dust with salt, dip in a slightly beaten egg, then in dry crumbs, and fry in deep fat. Drain on paper and serve on toast with cream or tomato sauce, or use as a garnish with broiled steak or creamed chicken.

* *

Mushrooms and Nuts Jellied

1 can French mushrooms
1 cupful chopped nuts (preferably pecans)
1/3 package gelatin
⅛ teaspoonful salt
Paprika

Dissolve the gelatin in four tablespoonfuls of cold water. Over this pour one cupful of boiling water to which has been added three-fourths of a cupful chicken stock (or celery stock made with simmering a few outside celery stalks in

three-fourths cupful of water). Add the mushrooms cut in small pieces to this hot liquid and add the nuts broken in pieces. Chill and when the substance forms a jelly, serve on crisp lettuce leaves with mayonnaise.

* *

Mushrooms with Chestnuts on Toast

Remove the stems and peel the caps of large mushrooms, allowing one (or more) to each person to be served. Remove the shells from an equal number of large chestnuts and simmer them in salted water until they are tender. Place the mushrooms in a shallow pan with the top of the cap down and dot over with butter. Place the whole chestnut in the center of each mushroom and place three-fourths of a cupful of coffee cream (the double cream is not necessary, although it may be used) in the pan. Baste the mushrooms with the cream and then bake in a hot oven for exactly ten minutes. Place on small squares of thin toast and pour the cream from the pan over the whole before serving. The chestnuts may be chopped and spread over the mushrooms as bread crumbs are spread over numerous baked foods, but this is a matter of choice, as the taste and general result is the same.

* *

Creamed Onions with Mushrooms

Boil Bermuda onions until tender and place in double boiler. Trim the root end of fresh white mushrooms, but do not skin. Wash these and simmer slowly until tender in the water that clings to them after washing. Season to taste with butter, pepper and salt. A very little water may be added while cooking to prevent burning. Combine the mushrooms and the liquor in which they were cooked with the onions and pour over

them a white sauce. Stir gently and beat for a few minutes before serving.

* *

Creamed Onions Place peeled onions in a sauce pan, cover with boiling water and let boil for five minutes. Drain and cover again with boiling salted water and cook until soft. Drain and cover with the following sauce:

Cream Sauce Melt one tablespoonful of butter in a frying pan, add one tablespoonful of flour mixed with one-quarter teaspoonful of salt and a dash of pepper and blend to smooth paste. Add one cupful previously heated table cream. If plain "white" sauce is desired, use milk in place of cream with these ingredients. Stir the mixture constantly, cooking it over a low flame.

* *

Scalloped Onions Slice large onions in not too thin slices. Butter a small baking dish, preferably glass, and place in it a layer of the onion. Dot with butter, sprinkle with pepper and salt and with a very little flour. Add more onions and repeat until dish is full. Turn milk into the dish until it may be seen through the top layer and then cover with bread or cracker crumbs and dot over with butter. Bake until onions are soft, which will require about an hour. Serve in the dish in which cooked.

* *

Stuffed Onions Peel sufficient large Spanish onions to supply the number of persons to be served. Parboil for five minutes in boiling salted water and drain them well. Scoop out a small

portion of the center from the top and place in the opening bread crumbs to which salt, pepper, butter and minced parsley have been added. Cover the opening in each onion with a small piece of pimiento and arrange in a baking pan. Place in a moderate oven until tender (about thirty minutes).

* *

Parsnip Fritters Wash, peel and cook the parsnips in boiling salted water for forty-five minutes, drain well and mash them. Add salt, pepper and butter until they are seasoned to taste and shape in small flat or round cakes. Roll in flour and sauté them in butter.

* *

Stuffed Peppers (*with Meat or Flaked Fish*) Select one pepper for each person to be served. Remove the stem end together with the pulp and seeds and parboil in salted water for ten minutes. Fill with the following dressing and bake in a moderate oven for twenty minutes.

Dressing To each four peppers to be filled, provide one cupful of ground meat (or flaked fish), one-half cupful of rice, one onion which has been thinly sliced and browned in a tablespoonful of butter. Add also a tablespoonful of minced parsley. Add salt and pepper to taste and a dash of red pepper after the other ingredients have been well mixed together. Then add one whole, unbeaten egg. If fish is used rather than meat, the materials may be moistened with a small amount of white sauce. If vegetables are added they must be previously cooked.

* *

Stuffed Pepper with Eggs

Select one large green pepper, parboiled in salted water, for each person to be served and allow one hard-cooked egg to each pepper. Place in a mixing bowl one cupful cooked rice, one cupful each of carrots and string beans, a seasoning of chopped onion, salt and a dash of red pepper. To this mixture add one whole egg, unbeaten, and mix it in well. Cut small slice from the pointed end of each egg, remove the yolks, mash, season as for deviled eggs and fill whites with the mixture. Stuff a little of the rice mixture into each pepper and place the whole, stuffed egg in the center. Carefully force more of the rice mixture around the sides of the egg, and up over the top of it, entirely filling the pepper, the egg being upright in the center. Bake in the oven. They may be served with a Welsh rarebit sauce, with a cream sauce or just as they are with garnishing of parsley.

* *

Green Peppers Stuffed with Wild Rice

Remove a slice from the stem end of medium-sized peppers, allowing one to each person to be served. To each four peppers allow a cupful of wild rice. Wash the peppers and set open end down to drain, having first, of course, removed the pulp and seeds. Wash the rice well. Drop it into a quart of boiling salted water and steam for forty-five minutes, or until dried and entirely tender. After adding butter, salt and pepper to taste, fill the peppers with the cooked rice, adding a few cooked chestnut meats which have been boiled, skinned and broken in pieces, if desired, and place upright in a baking dish in the oven. Bake until tender in a moderate oven (about a half hour). Serve with tomato sauce, if desired, but the flavor of the rice is so delicate, and the pepper so satisfactory

with this delicate flavor, that it is by no means necessary to add a sauce of any sort.

* *

Stuffed Peppers
(Hungarian Style)

Take the core and the seeds out of six large peppers. Mix together one pound ground beef, one-half cupful rice, one egg, and salt and pepper to taste. Stuff the peppers with this mixture. Put one tablespoonful of lard in pan, add one teaspoonful flour and one can tomatoes, size #2, and let it come to a boil. Then put in the peppers and cook on a slow fire until done, about one hour and a half.

* *

Potatoes en Casserole

6 uniform-sized, round potatoes
6 rounded teaspoonfuls butter
Salt and pepper to taste

Pare the potatoes and cover with cold water, letting them stand for two hours. Drain, place in buttered casserole dish, add the butter and sprinkle generously with salt and pepper. A grating of Parmesan or American cheese may be added, if desired. Cover with a closely fitting cover and bake for about forty-five minutes, or until the potatoes are done. Serve in the dish in which baked.

* *

Franconia Potatoes

Wash and peel potatoes and parboil for ten minutes. Place in pan around roasting meat. Baste with the meat and bake until brown. They will require about forty minutes. The meat may be removed if done before the potatoes, allowing the latter to bake longer in the fat.

* *

Ice Cream Potatoes Cut a slice from the side of a baked potato; scoop out potato, being careful not to break the skin. Mash. Add thick sweet cream and salt to taste, with one teaspoonful of grated cheese to each potato. Beat until light. Fill skins, sprinkle cheese over top and set in oven to brown. If beaten sufficiently, they will puff up beautifully.

* *

Potato Puff Take two cupfuls of cold mashed potato and stir into it two teaspoonfuls melted butter, beating to a white cream before adding anything else. Then put with this two eggs, beaten very light, and a teaspoonful of cream or milk, salting to taste. Beat all well, pour into a deep dish and bake in a quick oven until it is nicely browned. If properly mixed, it will come out of the oven light, puffy and delectable.

* *

Potatoes Rissole Pare six medium-sized potatoes and let them remain in cold water at least half an hour. Place them in boiling salted water. As soon as they are cooked through, drain off the remaining water and set back on the range to permit the steam to escape. Mash them fine and mix with them a tablespoonful of butter, a teaspoonful of salt, a sprinkling of pepper and two raw eggs, beaten. Form them into cakes by pressing small quantities into a tablespoon, and lay them on a buttered pan, the same as for potato cakes. Brush them over with the yolk of an egg into which has been stirred a tablespoonful of water, and put them in the oven to brown, which will require five or six minutes. Serve immediately.

* *

Noodle Ring with Spinach Center

Boil a package of noodles in salted water until done and drain in a colander. Pour cold water through the noodles and set aside to drain thoroughly. Mix two large tablespoonfuls of butter into the noodles and place them in a buttered ring mold which has been well sprinkled with fine bread crumbs. Cover with grated cheese and a cupful of thin white sauce mixed together and place in the oven, preferably in a pan of water, as a custard, and bake for an hour. Unmold on a heated round platter and in the center place two cupfuls of hot cooked spinach, seasoned to taste with salt and pepper. Serve at once.

* *

Molded Spinach

Wash one peck of spinach thoroughly and cook in boiling salted water for twenty minutes. Drain, add one-third cupful of butter which has been melted, and a scant teaspoonful of salt and reheat. Force into a buttered mold and keep warm until time to serve, then place the spinach, which has been removed from the mold on to hot serving dish and sprinkle over the surface several teaspoonfuls of French dressing. Cover the whole with a hard-cooked egg pressed through a sieve and sprinkle with paprika.

* *

Sweet Potato Cones

3 cupfuls mashed sweet potatoes
3 teaspoonfuls butter
1 egg
1 egg yolk
1 tablespoonful brown sugar
½ teaspoonful salt

Combine the ingredients and heat until creamy. When cool, shape into cone form, roll in beaten egg yolk and then in fine cracker crumbs. Put in a greased pan and bake in hot oven until brown or, if preferred, fry in deep, hot fat.

* *

Sweet Potatoes with Marshmallows

Boil from four to six medium-sized sweet potatoes until tender but not soft. Drain, remove the skins and mash, adding milk to soften, butter, four teaspoonfuls of chopped walnut meats, brown sugar and salt to taste. Pack into a buttered baking dish (preferably glass) allowing sufficient room between the top of the potatoes and the top of the dish for a layer of marshmallows not only to be arranged but to swell as they cook. Place dish in moderate oven and allow marshmallows to rise and brown, and heating the ingredients thoroughly. Remove and serve in dish in which baked.

* *

Tomato Soufflé

1 pint tomatoes
1 small bay leaf
1 slice onion
Pinch of salt
2 level tablespoonfuls butter
2 level tablespoonfuls flour
3 eggs

Cook the tomatoes, salt, onion and bay leaf together for twenty minutes and strain. Have two tablespoonfuls butter melted and mixed with the flour, pour hot strained tomatoes into this and stir until smooth. Remove from the fire, pour over the well-beaten egg yolks and set aside to cool. When cool, add the stiffly beaten whites, folding them into the mixture. Put in buttered pan and bake in a moderate oven for thirty minutes.

* *

Tomatoes Virginia

Select six medium-sized tomatoes, wipe, prick each several times with a fork, arrange in a deep dish that will stand the heat of the oven and bake until soft. Remove skins, place on a serving dish and pour over the tomatoes a sauce made of two tablespoonfuls butter, three tablespoonfuls flour,

one-half teaspoonful salt, one-eighth teaspoonful pepper and a cupful of thin cream or top milk.

* *

Italian Squash

2 lbs. summer squash
1 cupful grated cheese
2 eggs

Peel and boil squash in salted water until done. If it has not boiled dry, pour off remaining water. Add the eggs, beaten, and pour in baking dish. Sprinkle with grated cheese and bake in moderate oven twenty minutes.

* *

Spanish Rice

1½ cupfuls rice
4 cupfuls meat stock
Salt and pepper to taste
1 large onion
½ clove garlic (if desired)
1 can tomatoes
Cheese

Wash and thoroughly dry rice. Fry onion and garlic in pan, add rice and fry until golden brown. Remove garlic, add tomatoes and salt and pepper. When mixture is heated through, pour into kettle of boiling meat stock (left over pieces of meat may be added if on hand). Cook fifteen minutes or until rice is done. Place in casserole and cover top with grated cheese. Bake in oven few minutes.

* *

Sauerkraut with Apples

1 large can sauerkraut
2 large apples
6 slices bacon
1 large onion
2 tablespoonfuls flour

Cover the kraut with water and put on to cook with the quartered apples, which have been pared and cored. Allow to cook for one hour. Chop bacon fine and put onions through the grinder. Cook bacon with onions, being careful not to burn, add flour and liquor from kraut, stirring to prevent

lumps. Pour this over the kraut and allow to simmer for twenty minutes. Serve with wild duck or turkey.

* *

Curried Rice Croquettes with Sauce

Shape cold rice in cylinder forms, dip in flour and fry in hot fat. Arrange on a hot platter and pour around them the following sauce:

Sauce

2 tablespoonfuls browned flour
½ cupful thin cream or top milk
½ can tomatoes

Put the ingredients in a sauce pan in the order given and cook for fifteen minutes. Add salt to taste and a teaspoonful or more of curry powder. When this cooks to consistency of gravy, pour around the croquettes.

* *

Ham and Egg Timbales

Line buttered timbale molds with a thin layer of ham paste made of finely chopped cooked ham, a little white sauce, and enough raw egg to hold the mixture together. Break an egg into each lined mold, place molds in a pan of hot water and bake in the oven for about ten minutes, or until eggs are sufficiently cooked to unmold. Serve with white sauce and garnish with chopped parsley.

* *

Corn Omelet

2/3 cupful canned corn
1 egg
Pinch of salt
2 tablespoonfuls cream
2 tablespoonfuls butter

Chop the corn to a fine mass, add the yolk of the egg, which has been well-beaten, then the salt, a dash of pepper and the cream. Whip the white of the egg separately and fold

into the mixture. Heat an omelet pan, divide the butter, placing half in each side, turn the mixture into the two sides in equal quantity, cook two minutes, fold pan, cook two minutes more, remove to hot platter and serve at once.

* *

Mushroom Omelet

Pan fry in butter one cupful of mushrooms that have been prepared and chopped rather fine. When tender add one-half cupful of cream and thicken slightly with a flour and water paste. Season with salt and pepper. Beat six eggs very light, add two tablespoonfuls of milk and place half of the egg in each side of an omelet pan and sprinkle with salt and pepper. Cook two or three minutes, then remove part of the mushrooms from their gravy and spread lightly on the egg. Close the pan and cook for two or three minutes on each side. Serve at once with remainder of mushroom sauce poured over it and garnish with parsley.

* *

Tomato Filled with Egg

Remove skins from as many tomatoes as desired. Cut off the tops as uniformly as possibly and remove the soft inside pulp. Drop a raw egg into each tomato, replace the tops and put the tomatoes in a buttered glass baking dish. Bake in hot oven until the eggs are set. Serve with brown sauce.

* *

Oeufs Caches

2 tablespoonfuls minced onion
2 tablespoonfuls cooking fat
2 tablespoonfuls flour
Salt, cayenne and ground mace to taste
2 cupfuls tomato pulp
Bread crumbs
2 tablespoonfuls butter
Ham thinly sliced
6 or 8 eggs
Parsley

Cook minced onion in fat until tender. Then cream in the flour and add tomato. Season with salt, cayenne and ground mace. Fry in butter thin slices of lean ham sufficient to line baking dish, and pour over this lining the gravy left from frying. Into this slice layers of hard-cooked eggs and cover with the onion and tomato sauce. Sprinkle with bread crumbs, dot with butter and bake until crumbs are a golden brown. Garnish with chopped parsley.

* *

"Thursday night and all alone . . ."

SALADS AND DRESSINGS

†

Pineapple Fruit Salad

1 fresh pineapple
1 large apple
3 oranges
1 grapefruit (fresh or canned)
2 bananas
3 peaches (if in season)
1 small bottle maraschino cherries
Equal parts of whipped cream and boiled salad dressing well-mixed

Cut pineapple in half lengthwise, cut out as much of the centers as possible, then place the empty halves of pineapple on a large platter so that they form two bowls, with the tops placed at opposite ends.

Mix together all the fruits with the exception of the maraschino cherries, add as much of the salad dressing as desired, place this in the pineapple bowls, then garnish the platter with crisp lettuce leaves and the maraschino cherries. Serve ice cold.

* *

Christmas Salad

One quart cranberries cooked tender with a small amount of water. Sugar, to taste; add apples in cubes, oranges and chopped nuts. Let stand overnight and serve on lettuce leaves without mayonnaise. The cranberries may be strained, if desired.

* *

Salad for Twelve

1 stalk celery cut small
1½ cupfuls pecan nuts cut small
1 package gelatin
1 pint whipped cream
Pinch of salt
1 large can pineapple cut small
1½ green peppers cut small
¾ cupful mayonnaise
1 pint cottage cheese

Dissolve one package gelatin in one-fourth of the pineapple juice (cold). Then pour remaining juice (hot) over it and stand aside to cool. Mix thoroughly the pineapple, nuts, celery and peppers with the cottage cheese and mayonnaise. Lastly, fold in the whipped cream which has been sweetened with one-quarter cupful of sugar.

Turn in molds and allow to set until firm. Serve on lettuce with mayonnaise and a dash of paprika.

* *

Frozen Salad

1 cream cheese cut in small pieces
1 can pineapple cut in small pieces
1 can cherries cut up
1 lb. Malaga grapes cut in two and seeded
1 qt. whipped cream measured after whipping
1 qt. mayonnaise. Keep one-half for garnishing

Freeze like mousse for four hours. Serve on lettuce with salad dressing.

* *

Butterfly Salad

1 can sliced pineapple
1 small bottle stuffed olives
8 dates
1 red pepper

Cut each slice of pineapple in half and turn cut edges out. Cut the olives in slices and place on the pineapple for butterfly spots. The date is for the body. Make long strips of the red pepper for feelers. Place on lettuce leaves on small salad

plates, with golden salad dressing placed at one side. This serves eight persons.

* *

Golden Salad Dressing

½ cupful orange juice
2 egg yolks slightly beaten
1 cupful whipped cream
3 tablespoonfuls sugar
2 tablespoonfuls lemon juice

Place the orange juice in a double boiler, add the egg yolks and cook until thick, stirring constantly. Add the sugar and lemon juice and cool. Add the whipped cream just before the dressing is served.

* *

Asparagus Aspic (with Mayonnaise)

1½ cupfuls canned asparagus tips
1½ cupfuls diced celery
Juice of one lemon
1 small onion
1½ teaspoonfuls salt
Dash of pepper
1 tablespoonful granulated gelatin
2 cupfuls chicken or vegetable stock

Cut the asparagus tips into small pieces, add a teaspoonful of finely chopped onion and the juice of half the lemon. Soak the gelatin in a small amount of cold water, dissolve in the hot stock, add the seasonings and the celery, then the asparagus with the onion and the lemon juice, and as much more lemon juice as may be needed to taste. Chill thoroughly and serve on crisp lettuce leaves with mayonnaise.

* *

Green Bean Salad

Cook one pint of string beans in boiling salted water until tender. Drain and reserve one cupful of the liquid in which the beans were cooked, and while hot mix with two tablespoonfuls of chicken or bacon fat, two tablespoonfuls chopped onion, two tablespoonfuls vinegar, three teaspoonfuls

sugar, and salt and pepper to taste. Chill and serve on crisp yellow lettuce leaves.

* *

Carrot and Beet Salad

1 cupful grated raw carrots
1 cupful celery chopped very fine
¼ green pepper chopped very fine
½ cupful cooked cold beets chopped very fine

Toss the ingredients together with the tines of a fork, being careful not to mash the finely chopped beets. Add mayonnaise dressing to the salad in sufficient quantity to moisten and then chill the whole. Arrange on crisp lettuce leaves, preferably center leaves that are vividly yellow, and serve topped with a bit of paprika and mayonnaise.

* *

Stuffed Beet Salad

Prepare and cook medium-sized new beets in usual way. Rub off the skins and remove centers, leaving a wall a half inch thick. Cut a slice from the root end so that the beets will stand level. Marinate with French dressing and set aside in cool place. Remove the tips and strings from tender string beans and cook until tender with a ham shank (or a strip of bacon), drain, chill and cut diagonally across in half inch diamonds. Mix with half as many thinly sliced small green onions and the pulp, removed from the center of the beets and cut very fine. Moisten all with cooked salad dressing, chill, refill beets, arrange on a bed of crisp lettuce leaves or cress and garnish with small radishes cut in tulip fashion.

* *

Brussels Sprouts and Beet Salad

Remove all imperfect leaves from a box of Brussels sprouts and soak them in cold salted water for a few hours. Drain and cook in boiling

water until tender, then drain again and chill. Marinate with French dressing. Let stand in a cold place at least an hour. Arrange the sprouts in a mound on crisp lettuce leaves and around them place small pieces of cold cooked beets that have been cut in fancy shapes. Garnish with watercress and top with mayonnaise mixed with a bit of sweet cream. Add a dash of paprika.

* *

Capon in Aspic Remove the meat from the bones of the fowl and cut it in small pieces. Place the bones and skin in a sauce pan and cover with water. Simmer until the stock becomes yellow and the substance has been entirely extracted from the materials. Season well with salt and pepper. Mix to each two cupfuls of liquid a heaping tablespoonful of gelatin with a little cold water to dissolve it. Add to the boiling liquid, and set aside to cool. Arrange the pieces of capon meat in the bottom of a mold, or, if preferred, deviled eggs, which have been made ready in advance, may be placed, open side down, on the bottom of the mold, arranging the chicken over them. When cool and just beginning to thicken, sauce is to be turned over the whole and the mold placed on the ice to set. When ready to serve unmold on a bed of crisp yellow lettuce leaves and garnish with mayonnaise. The eggs, if not molded into the aspic, may be arranged around the side of the platter in the lettuce. Bits of pimiento may be placed in the bottom of the mold, in a design, with or without the eggs.

* *

Celery Root Salad Scrub small celery roots thoroughly, peel them and boil them slowly in salted water to cover for about two hours or until tender. Drain, cut in small pieces and marinate with French dressing. The dressing may be made with just a touch

of garlic or onion, or left in its natural state. In either event the root must be thoroughly cold, before it is served in this manner, and grouped in the center of crisp inside lettuce leaves. Sprinkle with paprika before serving and dot with mayonnaise.

* *

Chicken Salad

Cook a fowl in salted water to which has been added an onion, a bay leaf, a bit of green pepper and a few stalks of celery, until tender. Drain the fowl, saving the stock, and remove all meat. Cut the meat in small pieces and cool thoroughly. To the meat add one cupful of finely chopped celery, two eggs that have been hard-cooked and cut in small pieces, a few pieces of stuffed olives and sufficient mayonnaise to moisten. Add salt and pepper to taste. Fold the ingredients into the chicken gently and set aside to thoroughly chill. Serve on crisp lettuce leaves and garnish with stuffed olives and a dash of paprika.

* *

Crab Meat Aspic

1 small can mushrooms
1 can tomatoes
1 pint crab meat
1½ cupfuls chopped celery
Salt, pepper and cayenne
Worcestershire Sauce
1 tablespoonful gelatin

Cut the mushrooms and cook them in the liquor in which they come until tender and then strain off the liquid and to it add the tomatoes from which the juice has been strained. Bring these ingredients to a boil, remove from the fire and add the gelatin that has been soaked for five minutes in cold water (¼ cupful). Add the crab meat, celery and mushrooms, season to taste and pour into a mold. When cool, place on the

ice until thoroughly chilled and quite firm. Serve with mayonnaise and garnish with hard-cooked egg and lettuce leaves.

* *

Cucumber Aspic Salad with Cheese Balls

Peel one cucumber and chop fine. Season with salt and pepper. Pour over it four tablespoonfuls of warm vinegar and allow to stand one-half hour; then drain off the liquid and add it to one and one-quarter cupfuls of boiling water to which have been added two tablespoonfuls of lemon juice and one-third cupful of sugar. Soak two tablespoonfuls of gelatin in one-half cupful of cold water five minutes and pour over it the hot mixture. Add green vegetable coloring, a drop at a time until the color desired, then cool and strain through cheesecloth over the chopped cucumber. Add a little chopped green pepper, if desired, and place in a mold that has been rinsed with cold water. Place in refrigerator until firm. Unmold on lettuce leaves, garnish with cream cheese balls and serve with French or mayonnaise dressing.

* *

Jellied Fruit Salad

Line individual molds with assorted fruits, including strawberries or raspberries, and pour over them a plain orange jelly that has begun to set. Place on ice to harden and when set turn on lettuce leaves and serve with mayonnaise combined with whipped cream.

* *

Ginger Ale Salad

1 cupful ginger ale
1 tablespoonful gelatin
1/3 cupful of boiling water
2 tablespoonfuls sugar
Juice of 1 lemon
Pinch of paprika

To the juice of the lemon, add the sugar and paprika and the gelatin dissolved in the ginger ale. When this begins to

set, fold in one-third cupful of chopped preserved ginger and a third cupful of finely cut fresh or canned pineapple. Pour into small chilled molds. Serve with mayonnaise with whipped cream beaten into it in proportions of half whipped cream to a measure of mayonnaise. Serve on lettuce leaves with a sprinkling of paprika or with a small strip of pimiento across the top of the mound of jelly.

* *

Grapefruit in Jelly

1 cupful grapefruit juice
1 cupful orange juice
1/3 cupful lemon juice
2½ tablespoonfuls gelatin
1½ cupfuls granulated sugar
½ cupful water (cold)
1 cupful water (hot)

Soak the gelatin in the cold water. Add sugar to hot water and boil for three or four minutes until cleared. Add gelatin mixture to the hot one and stir until dissolved. When cooled add the three fruit juices, a pinch of salt and turn into mold. When set serve on crisp lettuce leaves with mayonnaise.

* *

Jellied Mushroom and Nut Salad

1 can mushrooms
½ lb. chopped nuts (pecans preferred)
1/3 package gelatin
A dash of paprika
⅛ teaspoonful salt

Dissolve the gelatin in four tablespoonfuls of cold water. Over this pour one cupful of boiling water, to which the water from the can of mushrooms has been added. Add mushrooms and nuts to this. Chill and serve on crisp yellow lettuce leaves with mayonnaise.

* *

Jelly Ring of Mint

½ cupful mint leaves
½ cupful sugar
2 tablespoonfuls gelatin
½ cupful cold water
½ cupful lemon juice
⅛ teaspoonful salt
2½ cupfuls boiling water
Green vegetable coloring

Soak gelatin in cold water for five minutes. Pour boiling water over the mint leaves and allow to stand for five minutes, keeping pan covered. Strain and pour boiling hot over gelatin. Stir until dissolved. Add the salt, lemon juice, grated lemon rind, if desired, and a small quantity of the vegetable coloring. Pour into ring mold and place in refrigerator to harden. Unmold, garnish with green peas dressed with French dressing, and in the center of the ring place a bowl of mayonnaise.

* *

Lobster Salad

1 cupful minced cooked lobster
½ cupful grated and drained cucumber pulp (or same quantity canned tomatoes may be substituted)
¼ cupful whipped cream
½ cupful highly seasoned mayonnaise
1 heaping teaspoonful gelatin

Heat the cucumber pulp or tomatoes and add the heaping teaspoonful of gelatin which has been dissolved in cold water. Cool, mix the ingredients thoroughly and mold in small molds. Serve on small crisp lettuce leaves.

* *

Macaroni Salad

4 ounces macaroni
Salt
10 small radishes
Parsley
1 cupful mayonnaise
1 onion
2 stalks celery
1 raw apple

Cook the macaroni broken in short lengths in salted water until tender. Drain and cool. Slice five of the radishes, the onion, apple and celery into the macaroni and mix with may-

onnaise the same as potato salad. Serve on leaves of lettuce garnished with parsley and the remaining radishes cut like flowers.

* *

Mounded Vegetable Salad

Marinate with French dressing cold cooked cauliflower, green peas, carrots and large stalks of celery cut in small pieces. Mix these ingredients well, arrange on crisp lettuce leaves and surround with cold cooked eggs cut in quarters. Dot the top with mayonnaise and chill thoroughly.

* *

Stuffed Pepper Salad

Cut a slice from the tops of small bell peppers, allowing one to each two persons to be served. Cream one cake of cream cheese and add to it a tablespoonful of mayonnaise and a teaspoonful of Worcestershire sauce. Select tomatoes that are about the size of the peppers or a little smaller and that will, when peeled and sliced, fit into the peppers. Fill the bottom of the peppers with enough of the cheese to make a flat surface and then place a slice of tomato on it, sliced thick enough to prevent danger of breaking. It is well to avoid overripe tomatoes, as they will not hold their shape. Add more cheese, softened by the addition of the mayonnaise, and again a slice of tomato, repeating until the peppers are filled level, with cheese as the last layer. Place the peppers on the ice and chill thoroughly. Arrange crisp lettuce leaves on plates for individual salads and having cut the peppers in half lengthwise, place the halves on the beds of lettuce. Garnish with radishes or small summer onions and serve with mayonnaise.

* *

Potato Salad

Boil six medium-sized potatoes in their jackets in salted water until they are tender when pierced with a fork. Drain and when cool remove the skins and place in the refrigerator until chilled. Cutting the potatoes into small pieces while they are still warm, will make them mealy, and this is not conducive to good potato salad. When thoroughly chilled, cut the potatoes into small cubes or into slices and place them in a large mixing bowl. Add to them one small bottle of stuffed olives, cut in small pieces, and three eggs which have been hard-cooked, chilled and cut in small pieces. Add salt, pepper and a dash of celery salt to taste and add mayonnaise to moisten. The potatoes tend to absorb the dressing when placed in the refrigerator to chill again, and it may be necessary to add more just before serving. Add one teaspoonful of onion juice and chill the whole. Serve on crisp yellow lettuce leaves with mayonnaise and a sprinkling of paprika.

* *

Salmon Salad

1 can salmon
6 or 8 small cucumber pickles
1 teaspoonful mustard
Vinegar
4 or 5 eggs
1 tablespoonful celery seed
Salt
Pepper

Remove bones and skin from one can of salmon, and mash fine. Add cucumbers, whites of hard-cooked eggs, chopped fine, salt and pepper to taste, mustard and celery seed. Mix yolks of eggs mashed smooth, with vinegar enough to moisten. Pour over salmon and add vinegar to moisten. A little chopped celery may also be added.

* *

Shrimp Aspic Salad

2½ teaspoonfuls gelatin
1/3 cupful water
1/3 cupful vinegar
Juice of one lemon
1 tablespoonful sugar
1 teaspoonful salt
2 cupfuls boiling water
Dash of paprika

Dissolve gelatin in cold water. Heat other ingredients and pour over gelatin. Strain and cool when it begins to set. Place in layers in a mold, one pound cooked shrimp, cut up, two cupfuls chopped celery, three hard-cooked eggs, chopped. Cover with gelatin mixture and allow to set. Remove and serve with lettuce and mayonnaise.

* *

Fresh Shrimp Salad

1 lb. fresh shrimp cut up
2 cupfuls chopped celery
3 hard-cooked chopped eggs
½ cupful stuffed chopped olives
1 clove garlic
1 solid head lettuce
1 cupful mayonnaise
Lemon juice
Salt and paprika

Rub mixing bowl with garlic clove. Mix all ingredients together with part of mayonnaise and lemon juice to taste. Place lettuce leaves around platter or in bowl, and put mixture in center. Pour remainder of mayonnaise on top and garnish with parsley and paprika.

* *

Stuffed Tomatoes Supreme

Remove a slice from firm, medium-sized tomatoes, and scoop out the interiors. Turn tomatoes upside down and allow to drain about one-half hour. Have ready either canned or fresh asparagus tips, one-half dozen or so of boned anchovies, hard-cooked, finely minced egg and cream cheese. In the bottom of the tomato place a thin layer of cheese. Lay on this two or three pieces of asparagus tips, which have been cut in half lengthwise. Sprinkle with a thin layer of the minced egg and dot with pieces of anchovy. Season with salt and pepper, and a little red pepper and cover with cheese. Press this down as firmly as possible. Repeat the process until the tomato is filled and place in the refrigerator to chill. To serve, split in half, set-

ting the halves upright against crisp lettuce leaves. Place some mayonnaise on the side and sprinkle with paprika.

* *

Tomato in Aspic Salad

Boil slowly one can of solid pack tomatoes, one onion, a few stalks of celery, and a bit of chopped parsley for one hour. Strain, forcing all possible tomato pulp through the strainer. Add one tablespoonful of sugar, a half teaspoonful each of vinegar and lemon juice and the chopped contents of a small bottle of stuffed olives. Reheat. Add one envelope of plain gelatin and pour into a mold. Let stand twelve hours in a cold place. Serve surrounded with crisp lettuce leaves and garnished with pimientos and stuffed olives.

* *

Tomato Baskets

4 firm, red tomatoes
1 large green pepper
1 can asparagus tips
Salad dressing

Cut the peppers into slices, crosswise, to form rings one-quarter inch in width. Scald tomatoes, peel, chill and cut in half crosswise. Place on lettuce leaves with cut side up. Lay four or five asparagus tips side by side in center of each tomato half. Cut pepper rings and place upright across the top of the asparagus, so that ends meet the sides of the tomatoes, thus forming a handle to the tomato baskets. Serve ice cold with French dressing. This amount will serve eight persons.

* *

Tomato Jelly Salad

Allow the contents of a large can of solid pack tomatoes to stand in an open bowl for at least an hour that they may take up the oxygen forced from them in the process

of canning. Add to them three tablespoonfuls of sugar, one-third teaspoonful of grated onion, a generous sprinkling of red pepper and one-half teaspoonful of salt. Simmer these ingredients for one-half hour and strain. Add two slightly rounded tablespoonfuls of gelatin which has been soaked five minutes in cold water (about one-fourth cupful) to the hot, strained liquid and turn into small cups. Allow to cool and then place in the refrigerator until thoroughly chilled and well set. Unmold on crisp lettuce leaves and garnish with cream cheese mixed with mayonnaise. Sprinkle the top with a dash of paprika.

* *

Frozen Tomato Salad Cook one can of tomatoes, strain and add enough water to make a quart. Season to taste with salt and pepper and add two tablespoonfuls sugar. Put in molds or tin baking-powder cans and pack in two parts ice and one part salt. Allow to freeze for three hours or longer. Cut in slices and serve on crisp yellow lettuce leaves. This should be served with the meat course.

* *

Tomato Surprise Remove the skin and cut a slice from the top of the tomato. Scoop out the inside leaving a substantial side wall. To each four tomatoes to be filled have ready one cake of cream cheese, one-half cupful of chopped celery, one-fourth cupful of broken walnut meats and one-half cupful of ripe olive meat cut in pieces. Mix these materials well and stuff the center of the tomatoes, rounding the mixture in the opening at the top. Wash crisp, fresh parsley, and cover the surface of the cheese mixture with little sprigs. Arrange on crisp lettuce leaves and place in the refrigerator until thoroughly

chilled. Put a tablespoonful of mayonnaise at the side of the tomato and serve.

* *

Vegetables in Jelly Soak one tablespoonful of gelatin in one-fourth cupful of cold water for five minutes and dissolve the whole in a cupful of boiling water. Add one-fourth cupful each of sugar and vinegar, two tablespoonfuls of lemon juice and a teaspoonful of salt. Strain and cool. When the mixture first starts to set add one-half cupful of diced celery, one-half cupful of raw chopped cabbage, one-third cupful of cucumber cubes, one-fourth cupful of cooked, chopped carrots, one-half cupful each of chopped beets, beans and peas. Place in refrigerator and allow to set. Remove to a bed of crisp lettuce and garnish with mayonnaise to which has been added a very small amount of grated horseradish. If odds and ends of vegetables are available, do not hesitate to make use of them in this jelly. Cauliflower, finely chopped, spinach and turnip may be used. If onion flavor is desired, the jelly may be flavored with a few drops of grated onion or juice.

* *

Peach Basket Salad Make salad of one cupful of chopped apple, one cupful of chopped celery, one-half cupful of nut meats, and mix with mayonnaise dressing. Drain can of peaches. Arrange, cut side up, on bed of shredded lettuce. Heap centers with first mixture and top with mayonnaise mixed with a little whipped cream. Cut thin strips from a stalk of celery, bend and insert both ends in peach to form a handle. Garnish with olives.

* *

Black Cherry and Pineapple Gelatin Salad

1 can black Tartarian cherries
1 can sliced pineapple
1 envelope gelatin
2 cupfuls boiling water
1 cupful fruit juice
¾ cupful sugar
½ cupful lemon juice

Soak gelatin in fruit juice five minutes and dissolve in boiling water. Add sugar and stir until dissolved. Add lemon juice. When cool add cherries stoned and cut in half, and pineapple cut in pieces. Put in individual molds and chill. Serve on lettuce with mayonnaise and topped with whipped cream. This will serve twelve people.

* *

Swiss Lettuce Roll Salad

½ cupful seedless raisins
1 cupful cottage cheese
½ cupful chopped walnuts
Pimiento
½ cupful mayonnaise
Salt
1 head lettuce

Mix thoroughly raisins, cheese and nuts. Then cream in the mayonnaise. Add salt to taste. Spread the larger, crisp lettuce leaves thickly with the mixture and roll up like a jelly roll and bind with strips of pimiento. This makes a good salad to serve with a large dinner.

SALAD DRESSINGS

†

Jennie's French Dressing

¾ cupful sugar
½ whole clove
1 teaspoonful salt
1 teaspoonful mustard
Little garlic and onion grated
Paprika to taste
1½ cupfuls oil mixed with above
1 teaspoonful Worcestershire Sauce
Few drops of tabasco
1 cupful lemon juice
2 tablespoonfuls catsup

Put in bowl and beat well with egg beater. Bottle and shake well before using.

* *

Cooked Dressing for Coleslaw

¼ cupful vinegar
Pinch of salt to taste
1 teaspoonful dry mustard
1 1/3 teaspoonfuls sugar
Sprinkling of cayenne pepper
2 tablespoonfuls flour
1 whole egg
¾ cupful milk
1¾ tablespoonfuls melted butter

Mix the dry ingredients together well, add the egg slightly beaten and then the melted butter, the milk and vinegar, the latter very slowly. Cook in a double boiler, stirring the while, until the mixture thickens. Strain into a china bowl, cool and chill. Serve with slaw or other salads, preferably those requiring a non-oily dressing.

* *

Roquefort Cheese Dressing

1 tablespoonful cornstarch rubbed smooth with yolk of 1 egg
1 teaspoonful salt
1 tablespoonful sugar
1 teaspoonful paprika
1 ounce Roquefort cheese
½ cupful sweet cream
1 pint olive oil

Mix all together well, then add one-half pint Tarragon vinegar.

* *

Fruit Salad Dressing

Melt one-quarter pound butter in double boiler. Mix well one-half cupful sugar, one-quarter cupful flour, one-half teaspoonful salt, one-quarter teaspoonful mustard. Add to melted butter, stir in yolks of three eggs well-beaten. Cook one-half hour in double boiler, stirring often the first few minutes. Remove from fire and add one-quarter cupful vine-

gar. When cold add one-half cupful whipped cream. This dressing may be thinned with plain cream or fruit juices.

* *

Mayonnaise

1 whole egg
½ teaspoonful dry mustard
Generous pinch of salt
Sprinkling of white pepper
1 pint oil
1 clove garlic
1 tablespoonful white vinegar
Lemon juice to taste

First wipe bowl in which mayonnaise is to be mixed with clove of garlic. Then break the whole egg into bowl, add to it the dry mustard, salt and a sprinkling of white pepper. Mix these ingredients with a spoon to a smooth consistency, being sure to get all the lumps out of the dry mustard. Then, gradually, drop a little oil into this mixture and whip it with a spoon or fork. After the first oil has been worked into the egg and mustard, proceed with a rotary egg beater, adding two or three tablespoonfuls at a time. The mixture will get quite thick and as it does, thin it with a tablespoonful of white vinegar. After all the oil has been used flavor the mixture with lemon juice to taste. Place mayonnaise in jar and cover it.

* *

Russian Dressing

¾ cupful thick mayonnaise
2 canned chopped pimientos
1 tablespoonful chopped cloves
2 tablespoonfuls tomato catsup
2 tablespoonfuls chopped chow chow
¼ cupful whipped cream

Mix all together thoroughly.

* *

Thousand Island Dressing

Combine and mix thoroughly one-half cupful of mayonnaise dressing, one-fourth cupful of chili sauce, one-fourth cupful of India relish and one-half teaspoonful of powdered sugar. If one

desires, one-half cupful of cream may be beaten stiff and folded into the dressing just before it is served. This adds materially to the richness of the dressing, but is not necessary.

* *

Worcestershire Dressing

Mix one teaspoonful salt, one teaspoonful of mustard, one-half teaspoonful of onion juice in a small glass jar with one tablespoonful Worcestershire sauce, two tablespoonfuls of lemon juice and six or eight tablespoonfuls of olive oil, depending upon the amount required. Chill and shake well before pouring over the lettuce at time of serving.

* *

Cream Cheese Dressing

Cream one-half pound of brick cream cheese until very soft. Add two tablespoonfuls of cream, one of Worcestershire sauce, a few drops of tabasco, and a teaspoonful of chili sauce. This must not be chilled unless you wish it to harden. If any sort of a salad is being served which is molded and placed on lettuce leaves, it is very effective to arrange this dressing over the top and chill the entire salad by placing it in the ice box for at least an hour before serving. Red coloring matter (vegetable coloring) may be added to the dressing in small quantity if a red garnish is desired.

* *

Cream Mustard Dressing

¼ pint whipping cream
5 tablespoonfuls mixed mustard
½ cupful vinegar
1 teaspoonful salt
2 teaspoonfuls Worcestershire sauce

Add the vinegar to the cream, which has been whipped, but add it very slowly, not more than a few drops at a time. Add the mustard, after beating the combined vinegar and cream very thoroughly, and continue beating. Serve mixed with shaved cabbage on crisp lettuce leaves.

* *

Cream Salad Dressing

2 eggs
2 tablespoonfuls lemon juice
5 tablespoonfuls milk
1 cupful heavy cream
¼ teaspoonful mustard
⅛ teaspoonful each, salt and paprika

Mix mustard, salt and paprika and when well-blended add eggs, slightly beaten, lemon juice and milk. Cook in double boiler until mixture thickens, stirring constantly. Cool and add cream, beaten until stiff.

* *

"Salads—Bah!"

DESSERTS

†

Moon Cake

½ cupful butter
1 cupful sugar
2 eggs, beaten light
3 tablespoonfuls cocoa
½ cupful sour milk in which ½ teaspoonful soda has been dissolved
1½ cupfuls flour

Filling

1 cupful confectioners' sugar
½ cupful butter
Beat to a cream
4 tablespoonfuls milk
1 teaspoonful lemon juice

Icing

1 cupful confectioners' sugar
2 tablespoonfuls cocoa

Add hot water, spoonful at a time until of spreading consistency.

* *

Bird Cake

1 cupful molasses
½ cupful shortening
½ cupful water
1 teaspoonful baking soda
Ginger to taste
2 cupfuls flour
1 egg

Combine and bake in an uncooked pie shell.

* *

Jelly Roll

Beat three eggs separately and add to them one cupful of sugar, and alternately one cupful of flour, sifted with one teaspoonful of baking powder and one-third cupful of cold water. Bake in a sheet in a moderate oven, and, when done, spread with jelly and roll at once.

* *

Blitz Kuchen

2 eggs
1 cupful granulated sugar
Butter size of an egg
3 teaspoonfuls baking powder
1 cupful milk
2 cupfuls flour

Sprinkle top with cinnamon, sugar and cocoanut or nuts instead of cocoanut. Bake in sheet pan in *moderate* oven.

* *

Chocolate Cake

½ cupful butter
1 cupful sugar
1 egg
½ cupful sour milk
Level teaspoonful soda
1½ cupfuls unsifted flour
1 teaspoonful vanilla
2 squares chocolate in ½ cupful water

Dissolve chocolate and add last. This makes two large or three small layers.

* *

Old Virginia Pound Cake

1 lb. butter
12 egg whites
12 egg yolks
1 lb. flour
1 lb. sugar
1 teaspoonful vanilla

Wash well, then dry and place on ice one pound butter, and sift one pound of fine flour. Separate the yolks and whites of twelve eggs and beat the whites by themselves. Cream the butter and flour together very well, beat the egg yolks with one pound of sugar until the mixture is thick and light; then begin to add the creamed butter and flour, a little at a time, whipping the batter well; add one teaspoonful of vanilla, and finally fold in the egg whites beaten to a stiff, dry froth. Bake in a paper-lined, buttered pan, in a moderate oven for an hour and a quarter, or until done.

* *

Peach Cake

1 cupful flour
¾ cupful sugar
½ cupful milk
1 teaspoonful baking powder
1 egg
2 tablespoonfuls butter

Cream butter and sugar and add egg. Mix flour and baking powder, and add alternately with milk. Put canned peaches

in bottom of pan with three-quarters cupful of sugar sprinkled over them. Put the batter on top and bake slowly in moderate oven until done. Cover with whipped cream.

* *

Delicious Cheap Cake

1½ cupfuls sugar
½ cupful boiling water
1 rounded teaspoonful soda
1 rounded tablespoonful butter
1 cupful sour milk
2 cupfuls flour
½ cupful cocoa

Cream butter and sugar and add one-half cupful boiling water to which soda, sour milk and flour have been added. Add cocoa and bake.

Icing

2 squares chocolate
1 cupful milk
1 teaspoonful cornstarch dissolved in ¼ cupful milk
¾ cupful sugar

Boil to a thick consistency. Remove from stove and add vanilla.

* *

Prune and Nut Cake

1 cupful sugar
2 eggs
1 cupful cooked seeded prunes
1¼ teaspoonfuls baking powder
1 teaspoonful cinnamon
½ cupful butter
1 teaspoonful vanilla
1¼ teaspoonfuls soda
½ cupful sour milk
1 cupful nut meats
1 teaspoonful lemon flavor
½ cupful flour

Cream sugar and butter and add partially beaten eggs. Then add nuts and prunes which have been ground not too finely. Add flavoring, then sour milk and flour which has had soda and baking powder sifted in it. This is a moist cake and will keep a long time.

* *

Light Fruit Cake

1 lb. of butter
12 eggs
7 teacupfuls flour
3 teacupfuls pulverized sugar
8 tablespoonfuls non-alcoholic brandy flavoring
2 lbs. seeded raisins
2 lbs. figs
1 lb. citron
½ lb. almonds
1 grated cocoanut
2 teaspoonfuls baking powder
Grated rind and juice of two lemons
1 grated nutmeg
½ lb. candied pineapple
¼ lb. candied cherries
½ lb. English walnuts

This quantity makes around seven or eight pounds of fruit cake.

* *

A Good Icing

1 cupful brown sugar
½ cupful grated bitter chocolate
¼ cupful milk

Boil two minutes. Add one teaspoonful butter, one teaspoonful vanilla, and beat to right consistency.

* *

Spice Cake

1 egg
1 cupful molasses
¾ cupful lard
2 cupfuls flour
1½ teaspoonfuls cinnamon
¼ teaspoonful cloves
1 teaspoonful soda in a cupful of hot water (added last)

Ice with chocolate icing.

* *

Food for the Gods

Yolks 3 eggs
1 cupful sugar
1 teaspoonful vanilla
1½ teaspoonfuls baking powder mixed with sugar
1 cupful nut meats
2 dozen dates cut in pieces

Mix and spread one-half inch thick on buttered tins and bake twenty minutes in moderate oven. Serve with whipped cream.

* *

Apple Cake

1 cupful stewed apples
1 cupful butter
2½ cupfuls flour
1 teaspoonful cloves
1 cupful raisins
1 teaspoonful baking soda
1½ cupfuls sugar
½ cupful nuts
1 teaspoonful nutmeg
1 teaspoonful cinnamon

Mix baking soda with apples (unsweetened). Cream butter and sugar, add apples, cloves, cinnamon, nutmeg and flour. Flour raisins and nuts, chopped, and add. Bake in slow oven about one hour.

* *

1 2 3 4 Cake

1 cupful shortening
2 cupfuls of sugar
3 cupfuls of flour
4 eggs, yolks and whites separated
2 teaspoonfuls baking powder
1 teaspoonful salt
1 cupful of lukewarm water
Vanilla and lemon flavoring

Cream the sugar with the shortening and add the well-beaten yolks. Add the flour sifted with the baking powder and the salt, and then the water. Add flavoring and bake in layer-cake pans or in a square cake pan in a moderate oven until the cake leaves the sides of the pan and does not stick when tested with a straw. Frost with boiled icing.

* *

Supreme Cake

Dissolve two ounces of chocolate or from two to three tablespoonfuls of cocoa in five tablespoonfuls of boiling water. Cream one-half cupful of butter with one and one-half cupfuls sugar. Add the beaten yolks of four eggs, the chocolate mixture, one-half cupful of sweet milk, and one and three-fourths cupfuls of flour with which two rounded teaspoonfuls of baking powder have been sifted. Add the beaten whites of the eggs and bake in three layers. Put together with the following icing:

Icing

Cream three cupfuls of powdered sugar with one-half cupful of butter. Add the yolk of one egg and two tablespoonfuls of ground chocolate, and then add five tablespoonfuls of hot, strong coffee. Stir well and add two teaspoonfuls of vanilla and two teaspoonfuls of cream.

* *

Orange Cake

Thoroughly cream one-half cupful of butter with one cupful of sugar. Add two eggs, one-half cupful of sour milk, one teaspoonful of soda, a pinch of salt and two cupfuls of flour. After these ingredients are thoroughly mixed, add one whole orange and one cupful of raisins that have been put through the meat grinder. Bake in layers and use between the layers and on top the following icing:

Icing

Cream one-quarter cupful of butter with two cupfuls of confectioners' sugar. Add the juice of one-half orange to moisten. The yolk of an egg may be used in the icing to give it color if desired.

* *

Zwieback Nut Cake

1 cupful sugar
4 eggs
½ teaspoonful baking powder
1 cupful grated zwieback
1 cupful chopped walnuts
1 teaspoonful vanilla
½ pint double cream

Beat yolks of eggs well with the sugar. Add zwieback, walnuts and baking powder; lastly, fold in stiffly beaten whites and add vanilla. Bake in two small layers in a moderate oven. Put whipped cream between layers and on top of cake and sprinkle in the finely chopped nuts.

* *

Soft Molasses Cake

Melt four tablespoonfuls of butter in one-half cupful of boiling water, then add one cupful of dark molasses, a pinch of salt and one teaspoonful each of ginger and cinnamon, one-quarter teaspoonful each of allspice and cloves. Dissolve one teaspoonful of baking soda in a little boiling water and combine thoroughly with the cake mixture. Add one and one-half cupfuls of flour; pour into a greased pan and bake for twenty-five or thirty minutes in a moderate oven.

* *

Rich Cake

1 cupful sugar
½ cupful flour
1 cupful dates
1 cupful nuts
1 teaspoonful baking powder
3 eggs
¼ teaspoonful salt

Chop nuts and add finely cut dates. Beat eggs together until light; add sugar gradually, beating constantly. Add flour in which baking powder is sifted, also salt, and lastly put in the dates and nuts which have been lightly sprinkled with flour. Bake in moderate oven.

* *

Peanut Butter Cake

1 tablespoonful butter
1 tablespoonful peanut butter
1 cupful sugar
1 egg
2 cupfuls flour
2 teaspoonfuls baking powder
1 teaspoonful vanilla
½ teaspoonful salt
½ to ¾ cupful milk

Cream butter, peanut butter and sugar. Add well-beaten egg. Add milk and flour alternately, adding salt and baking powder with last cupful of flour. Beat in vanilla. Bake in hot oven. Use chocolate frosting.

* *

Nut Macaroons

1 egg white
1 cupful brown sugar
1 cupful pecan nuts
½ teaspoonful salt

Beat white of egg until stiff. Add slowly, while beating constantly, sugar. Fold in nuts, finely chopped and sprinkled with salt; drop from tip of spoon one inch apart on buttered sheet and bake in moderate oven until brown.

* *

Spiced Cookies

1 quart flour
4 teaspoonfuls baking powder
½ teaspoonful salt
4 tablespoonfuls lard
Sift and rub together above ingredients.
3 cupfuls sugar
2 teaspoonfuls spice powder
1 teapoonful grated ginger
3 teaspoonfuls cinnamon
½ teaspoonful cloves

Break three eggs into the above and add one cupful of milk. Mix well. Flour board, knead and roll three-eighths of an inch thick, cut and bake one-half hour in moderate oven.

* *

Mrs. Green's Sugar Cookies

1 cupful butter
4 eggs
1 tablespoonful baking powder
2 cupfuls sugar

Use flour enough to roll out. Sprinkle with sugar, roll lightly and cut in small cakes and bake until light brown.

* *

Moravian Sand Tarts

Cream a cupful of butter with two and one-half cupfuls of fine sugar and add one whole egg and the yolk of a second egg. Add flour to make a dough that can be rolled very thin. Add a small amount of milk or cream before rolling out, if the mixture happens to get too stiff in adding the flour. Cut

out in small and, if desired, fancy shapes and glaze with the extra white of egg. In the center of each tart put a piece of blanched almond and sprinkle the tops with sugar and cinnamon.

* *

Brownies

½ cupful butter
2 eggs
1 teaspoonful vanilla
1 cupful sugar
1 cupful flour
1 cupful walnuts
2 squares chocolate

* *

Sugar Cookies

1 cupful butter
2 eggs well-beaten
1 teaspoonful vanilla
2½ cupfuls flour
1½ cupfuls sugar
1 tablespoonful water
1 level teaspoonful baking powder

Mix these ingredients thoroughly and roll out on a floured board until the dough is very thin. Cut with shaped cutters and bake in a quick oven for ten minutes. These cookies will keep fresh for weeks.

* *

Danish Cookies

1 scant lb. butter, melted
1 cupful white sugar
1 cupful brown sugar
1 cupful chopped almonds
2 level teaspoonfuls cinnamon
2 level teaspoonfuls baking powder
4 cupfuls flour
2 eggs

Melt the butter, add the two sugars and then the eggs, well-beaten. Sift baking powder with flour and add to mixture, and lastly add nuts which have been slightly sprinkled with flour. Mix well and put in a loaf-bread tin. Place in the refrigerator overnight, and in the morning cut in thin slices. Cut the slices again in three or four pieces to make them the size of thin, small cookies, and bake in a rather hot oven.

* *

Rocks

1½ cupfuls brown sugar
½ cupful butter
3 eggs
1 teaspoonful soda dissolved in 1 tablespoonful water
1 lb. dates, cut up
½ lb. walnuts, cut up
1 teaspoonful cinnamon
½ teaspoonful allspice
2½ cupfuls flour

Cream butter and sugar, add beaten eggs, soda and water, then fruit, spices and flour.

* *

Oatmeal Cookies

¾ cupful shortening
1 or 2 eggs
½ cupful sour milk or buttermilk
1 teaspoonful cinnamon
2 cupfuls flour
2 tablespoonfuls molasses
1 teaspoonful soda
2½ cupfuls rolled oats
1 cupful seedless raisins
1 cupful brown sugar

Stir all together and drop from teaspoon on greased tins. After greasing, sprinkle flour over tins, shaking off any that is superfluous to keep cookies from sticking and burning.

* *

Pudding Cake

Part 1—Cake

2 cupfuls granulated sugar
1 scant cupful butter
4 eggs
1 cupful milk
2½ cupfuls flour
2½ teaspoonfuls baking powder

Cream sugar and butter. Add beaten eggs. Then, alternating, add milk and flour sifted with baking powder; flavor; bake in two layers.

Part 2—Cake Filling

2/3 cupful powdered sugar
½ cupful flour
1 cupful scalded milk
Yolks 3 eggs
1 whole egg
¼ teaspoonful salt
2 tablespoonfuls butter
2 tablespoonfuls dried macaroons rolled
2/3 teaspoonful vanilla
1/3 teaspoonful lemon extract

Mix sugar and flour thoroughly. Add milk and cook over hot water fifteen minutes, stirring constantly until mixture thickens. Add yolks with whole egg, slightly beaten with salt. Stir and cook two minutes. Cool and add other ingredients. Use cold between layers, and on top of cake put whipped cream. Decorate with chopped nuts and candied fruit.

* *

Cream Delight

½ cupful shortening
1 heaping cupful sugar
2 eggs
1¼ cupfuls milk
½ cupful orange juice
2½ cupfuls finely milled cake flour
½ cupful cornstarch
3 teaspoonfuls baking powder
Grated rind of 1 orange

Cream shortening, add sugar and egg yolks. Then add a little milk at a time. Take flour, cornstarch and baking powder and put through sifter once. Add to batter, beating well. Then add rest of milk, orange juice and rind, and lastly fold in beaten egg whites. Use enough milk to make batter right consistency. Bake in greased loaf pans in moderate oven. Cover with icing.

Icing

1 teaspoonful butter
1½ cupfuls confectioners' sugar
2 teaspoonfuls heated pineapple juice; cream thoroughly
½ cupful walnut meats
2 slices pineapple cut in fine pieces
5 maraschino cherries cut fine
Pulp of half an orange
Enough marshmallows to cover loaf cake

After creaming first mixture, take second lot and mix all together. Then spread over loaf cake. Now take marshmallows and cover the icing on the top of cake. Put in oven and brown.

* *

Carrot and Almond Cake

½ dozen eggs
½ lb. granulated sugar
½ lb. raw carrots
½ lb. ground almonds
Vanilla

Beat yolks and sugar until light. Add ground carrots and ground almonds and flavoring; last, the well-beaten whites. Bake for fifty-five minutes in two layer pans in moderate oven. Serve cold with whipped cream between and on top.

* *

Nesselrode Ice-Box Cake

Cream ½ lb. of sweet butter with 2 cupfuls confectioners' sugar
Add yolks of 8 eggs
1 cupful chopped nuts
5 grated almond macaroons
A little chopped citron
10 candied chopped cherries
1 slice chopped pineapple
10 raisins previously soaked
3 chopped marrons

Fold in whites, which have been beaten stiff. Line bottom and sides of spring form with one-half pound lady fingers.

Place in ice box over night, and when ready to serve remove to cake platter. Cover with one-half pint whipped cream, adding while whipping one-half cupful confectioners' sugar and 1 teaspoonful vanilla. Decorate with maraschino cherries.

* *

Strawberry Delight with Butter Cream Icing

2 eggs
½ cupful butter
¾ cupful sugar
2 cupfuls flour
2 tablespoonfuls baking powder
Pinch of salt
1 teaspoonful vanilla
¾ cupful milk

Cream butter and sugar, then add yolks of eggs. Mix well. Then sift flour, baking powder and salt, add to mixture alternately with milk, then vanilla. Lastly add the whites of eggs beaten stiff. Bake in moderate oven in two buttered tins. Between layers and on top place the following: Cream one-

eighth pound butter with two cupfuls confectioners' sugar, pinch of salt, one teaspoonful vanilla and two tablespoonfuls cream, added to one quart berries which have been washed and picked over.

* *

Pumpkin Cake

1 cupful light brown sugar
½ cupful white sugar
½ cupful fat
Yolks of 2 eggs
¾ cupful sifted pumpkin
½ cupful sour milk
2 tablespoonfuls caramel
¼ teaspoonful baking soda
4 teaspoonfuls baking powder
¼ teaspoonful salt
2 cupfuls flour
2/3 cupful chopped walnuts

Cream the sugar and fat and add the other ingredients in order named. Bake in loaf or layer tins. Frost with boiled or marshmallow icing. The whites of eggs may be used in the icing.

* *

Mottled Cake

Stir to a cream one pound of white sugar, one-half pound of butter. Beat the whites of twelve eggs to a stiff froth and add to the sugar and butter three cupfuls of flour, one teaspoonful of baking powder. Mix all together, then take one cup of the batter and stir into it one teaspoonful of fruit coloring. Fill a cake pan one inch deep with the white batter and drop one teaspoonful of the red batter here and there in the white. Alternate until all is put in.

* *

Apricot Layer Cake

4 eggs
1½ cupfuls sugar
½ cupful apricots
1/3 cupful butter
2 2/3 cupfuls flour
3 teaspoonfuls baking powder
½ teaspoonful vanilla

Cream butter and sugar. Add eggs separately. Cooked dried apricots give the best flavor. Add alternately with flour,

fold in baking powder and vanilla. Bake in layer tins in moderate oven about twenty-five minutes.

Icing

1 tablespoonful butter
½ cupful of apricots strained with juice and sugar enough to make creamy, and thick enough to spread. This will make enough icing for both layers.

* *

Russian Roll

1 cupful egg whites
¾ teaspoonful cream of tartar
¼ teaspoonful almond extract
1¼ cupfuls sifted granulated sugar
1 cupful flour
¼ teaspoonful salt
¾ teaspoonful vanilla

Beat egg whites and salt until foamy. Add cream of tartar and beat until stiff, but not dry. Fold in sugar a little at a time. Add flavoring. Fold in flour as sugar. Bake in long, ungreased pan in a slow oven for fifty or sixty minutes. When done remove from oven and invert pan for one hour. Remove from pan and split cake. Put the following between and on top.

1 tablespoonful gelatin
2 cupfuls scalded milk
Yolks of 3 eggs
¼ teaspoonful salt
1 teaspoonful vanilla
1 cupful whipping cream
½ cupful sugar

Dissolve gelatin in cold water. Add boiling milk, salt and sugar. Pour mixture on beaten egg yolks, stirring constantly. Cook in double boiler ten minutes. Remove from fire and chill. When it begins to set, fold in cream whipped stiff. Allow to stiffen. Put between and on top and sides of cake. Cover with shaped pecans and maraschino cherries.

* *

Cake Delight

¾ cupful butter
1½ cupfuls sugar
3 eggs
¾ cupful milk
1¾ cupfuls flour
3½ teaspoonfuls baking powder
1½ tablespoonfuls cinnamon
¼ teaspoonful mace
⅛ teaspoonful nutmeg
½ cupful raisins

Cream the shortening, add the sugar and eggs; beat thoroughly for three minutes. Sift the flour, baking powder and spices, add the raisins and beat again; add the milk gradually and beat until light and fluffy, or about two minutes. Put in two buttered layer-cake pans and bake in a moderate oven for twenty minutes.

Icing

1 small jar marshmallow whip
¾ box confectioners' sugar
½ small cake chocolate
1 teaspoonful vanilla
1 tablespoonful butter
¼ teaspoonful cinnamon
1½ tablespoonfuls cold coffee
¼ cupful cream

Mix the icing in the same bowl (without washing) used for the cake. Put sugar, vanilla and cinnamon all together and mix thoroughly, dissolving all lumps. Melt the chocolate with the butter, cream and coffee, do not allow it to cook, and add to the sugar mixture. Beat thoroughly until smooth and of the right consistency to spread.

Cool the cakes, put one layer on plate and spread with half the box of whip and not quite half the icing; put the second layer on top and add the remainder of marshmallow whip and chocolate icing. Allow it to stand in a cool place for one-half hour or more, then cover with waxed paper lightly, which will enable it to keep.

* *

Lebanon Nut Cake

2 cupfuls granulated sugar
1 cupful butter
1½ cupfuls sweet milk
8½ cupfuls pastry flour
4 level teaspoonfuls baking powder
Grated rind and juice ½ orange
1 teaspoonful vanilla
½ cupful chopped English walnuts
½ cupful chopped blanched almonds
Whites of 6 eggs beaten to a stiff froth

Work butter, grated rind of orange and sugar to a creamy mixture. Sift together three and one-half cupfuls of flour with four level teaspoonfuls of baking powder. Add alternately one-half of the milk with one-half of the flour to the cake mixture and beat thoroughly the cake mixture after all the flour and milk has been added, then add the orange juice and vanilla and the chopped nuts and last the whites of six eggs beaten to a stiff froth. Bake in a moderate oven. This can be baked in round or oblong tins. Use a white icing with halves of English walnuts on top of the icing as a decoration.

* *

Sweethearts' Cake

¾ cupful shortening
1 cupful sugar
2 egg yolks and 1 whole egg
½ cupful milk
1¾ cupfuls flour
2 teaspoonfuls baking powder
Pinch of salt
1½ teaspoonfuls vanilla extract
½ cupful grated or prepared cocoanut

Cream the sugar and shortening, adding the three yolks of eggs, one at a time, also the white of one egg. Sift flour three times, add salt and baking powder the last time, and milk alternately. Fold ingredients, rather than beat together. Last fold in cocoanut, which has been floured to keep from sinking to bottom of cake. Either bake in loaf-cake pan or two layer-cake pans.

Filling

2 cupfuls sugar
2 whites of eggs
Cut up canned pineapple and maraschino cherries in small pieces (about a cupful)
Pinch of cream of tartar
½ cupful water

Boil sugar and water slowly until it spins a thread. Do not stir. Pour the boiled sugar while hot on the heated whites of eggs, beating constantly. When thick add the fruits. After the cake has cooled spread on top and between layers. Size of eggs and also brand of flour make it necessary to use judgment in the consistency.

* *

The Dream of the Devils

First, cream one cupful dark brown sugar together with one-half cupful butter and one-half teaspoonful soda. To this add three egg yolks. Second, take one cupful dark brown sugar and to it add three-quarters cupful grated chocolate and one-half cupful sweet milk. Set on the fire and have it come to a boil. Then take it from the fire and add one-half cupful of sweet milk. After this add the first preparation to the second. Third, sift two cupfuls of flour, one teaspoonful baking powder, one-quarter teaspoonful salt together. Add this to the mixture of the first and second parts and mix well. Bake in a moderate oven.

This mixture may be baked in layers and topped off with a cream icing made by adding the juice of one orange and one cupful of confectioners' sugar to three tablespoonfuls of hot melted butter.

* *

Chocolate Soufflé

Combine one-half cupful each of grated chocolate and water. Place over fire and stir until chocolate melts, but do not boil. Allow it to cool and use in soufflé in place of

vanilla flavoring. Separate the yolks of five eggs, add one-half cupful of powdered sugar and a pinch of salt and the chocolate. Beat until stiff, then beat whites of the five eggs very stiff and add them to the yolks. Beat again. Pour this mixture into a warm baking dish and set in a pan of water. Bake in moderate oven about five minutes. Serve at once with whipped cream. A soufflé should not be allowed to stand after it is cooked or it will fall.

* *

Hominy Puff

Beat together with a fork one cupful cold, cooked hominy grits and one-half cupful hot milk until smooth. This will take about three minutes. Add one-quarter teaspoonful salt and a dash of paprika. Stir in the yolks of three eggs, beaten, and then fold in the stiffly beaten whites. Grease baking dish, fill with the mixture, set in pan containing about one inch hot water. Bake in moderate oven about thirty minutes and serve at once.

* *

Apricot Fluff

Wash one and one-half pounds of dried apricots and let them stand in water about twelve hours. Then put them through a colander and to three cupfuls of pulp add one-half cupful of sugar. Beat the whites of two eggs until stiff and fold them into the apricot pulp. Chill and serve in sherbet glasses.

* *

Marble Bavarian Cream

2 tablespoonfuls gelatin
½ cupful cold milk
2 squares chocolate
1 cupful scalded milk
2/3 cupful sugar
1 cupful heavy cream (stiffly beaten)
1 teaspoonful vanilla

Soak gelatin in the cold milk; dissolve in the scalded milk. Melt the chocolate over hot water. Add the sugar and flavoring to the gelatin mixture, cool, and when it begins to thicken beat vigorously. Add chocolate to one-half. Fold in one-half of the whipped cream in each. Arrange mixture by alternate spoonfuls in a mold which has been rinsed in cold water. Chill, unmold and serve. Mixture may be divided so as to have two-thirds chocolate and one-third plain. Arrange in layers to imitate chocolate layer cake with white frosting.

* *

Cream of Fruit Supreme

Peel, mash and force four bananas through a sieve and add to them the pulp of three oranges cut in small pieces, the juice of two oranges, the juice of one lemon, a teaspoonful of vanilla or preferably a few drops of non-alcoholic sherry flavoring. Add to these ingredients two-thirds of a cupful of powdered sugar and one and one-fourth tablespoonfuls granulated gelatin dissolved in one-fourth cupful of boiling water. Cool this mixture by holding the dish in a large bowl of ice water and stir the mixture constantly. Then, when cooled, fold in one-half pint of whipped cream and set aside in a cool place until time for serving.

* *

Frozen Mocha Pudding

1 cupful granulated sugar
3½ tablespoonfuls cornstarch
2 cupfuls scalded milk
3 tablespoonfuls strong black coffee
Vanilla
1 cupful heavy cream

Scald the milk in a double boiler and add the coffee. Mix the cornstarch with the sugar and blend with the heated milk very carefully and slowly. Cook in the double boiler for twenty minutes and stir all the time. Cool, whip the cream and fold it into the custard and add vanilla to taste. Turn into

a shaped mold and freeze, packing in ice and salt about one part salt to four of ice. It must stand at least four hours.

* *

Frozen Pudding

1 quart heavy cream
1 pint milk
2 eggs
1 tablespoonful gelatin
1 cupful sugar
Scant half cupful flour

Scald the milk in double boiler. Mix together flour, sugar and gelatin. Moisten with hot milk, add eggs, beaten, and cook together until thick and creamy. When cold add the cream and then freeze partly. Add one cupful of candied cherries, one cupful of candied pineapple, a little chopped citron and preserved ginger. Flavor with non-alcoholic brandy flavoring, repack and let it stand about three hours.

* *

Macaroon Custard

1 cupful milk
½ cupful sugar
¼ lb. macaroons
1 pint whipping cream
1 egg
1 tablespoonful gelatin
½ cupful water
1 teaspoonful vanilla

Bring milk and sugar to a boil, stir in well-beaten egg, set aside to cool. Dissolve gelatin in one-half cupful of water, combine with custard, add vanilla. Roll macaroons fine, mix with custard. Whip cream, stir all together, pour into sherbet glasses. Serve cold with whipped cream and a maraschino cherry on top.

* *

Marshmallow Fluff

Whip one-half pint of whipping cream well, but with care not to approach the turning point. Cut one small bottle of maraschino cherries into pieces; cut one small can of pineapple into small pieces, and add to this two and one-half cupfuls of fresh marshmallows cut into pieces with scissors. Add one-third cupful or one-half cupful of walnuts

broken in pieces and mix all these ingredients with the whipped cream. Cover and set the bowl in which the dessert is mixed in the refrigerator for from eight to ten hours. The marshmallows sweeten the cream and swell sufficiently to make the dessert of the proper consistency to serve in sherbet glasses. Lady fingers or macaroons may be served with the dessert.

* *

Orange Jelly

To two cupfuls of orange juice add three teaspoonfuls of lemon juice and one-half cupful of granulated sugar. Have ready one cupful of banana, cut in small pieces, and an equal quantity of orange from which the white connecting pulp has been carefully removed. Dissolve one tablespoonful of gelatin in one-third cupful of cold water, and after it has stood for five minutes add to it the orange juice mixture, which has been brought almost to the boiling point. The fruit is to be added after the liquid has cooled slightly. Cool and place in the refrigerator until the materials form a jelly. Serve with or without cream, as desired.

* *

Spanish Cream

1 tablespoonful granulated gelatin
3 cupfuls cold milk
3 egg whites
3 egg yolks
½ cupful sugar
Generous pinch of salt
Vanilla to taste or other flavoring as desired

Dissolve the gelatin in one-third cupful of the milk, heat the remainder of the milk in the top of the double boiler and, when the liquid reaches the scalding point, combine the two. Add the sugar next and then turn the hot mixture over the slightly beaten yolks of the eggs, pouring it very slowly, beating constantly. Turn the whole back into the double

boiler and cook, continuing to stir until the mixture has thickened. Take from fire and add the salt and any flavoring desired and the well-beaten whites of the eggs. Turn into molds which have been rinsed with cold water and place in refrigerator to chill. Serve with whipped or plain cream.

* *

Strawberry Fluff

Cut three boxes of marshmallows into small pieces and add to the pieces one can of sliced pineapple chopped or cut up very fine (but not grated), and one cupful of strawberries cut in fourths or halves, as desired. Add one banana cut in very small pieces and diced maraschino cherries.

Add one-third of a cupful of walnut meats broken in small pieces and put these ingredients into one pint of cream that has been whipped stiff. Place in the refrigerator for at least eight hours and serve in sherbet glasses with slices of unfrosted white cake.

* *

Strawberry Whip

Beat one egg white stiff and add to it one-half cupful of sugar, a dash of salt, and one-half tablespoonful of lemon juice, combined with one-half cupful of crushed strawberries. Beat all together with an egg beater. Serve chilled in individual glasses, top with sweetened whipped cream if desired. This recipe will serve six persons.

* *

Coffee Parfait

1 scant cupful sugar
Yolks of 3 eggs
Whites of 4 eggs
1½ cupfuls sweet milk
6 tablespoonfuls ground coffee
1 pint whipping cream

Place coffee in sauce pan and pour milk over it. Bring to boil, remove from fire and let stand twenty minutes. Drain

through cloth, allowing liquid to drip as for jelly making. Reheat coffee and dissolve sugar in it. Remove from the fire and when cool, add very slowly to the egg yolks, beating constantly. Set over a slow fire, stirring constantly. Do not let boil, but cook until it masks the spoon. Strain and chill. Beat the cream stiff and dry, fold in mixture, also fold in stiffly beaten egg whites, pack in mold with close-fitting cover, put waxed paper around the mold and pack in salt and ice for two and one-half hours.

* *

Ginger Ice Cream

1½ quarts thin cream
1 cupful sugar
Pinch of salt
2/3 cupful preserved chopped ginger
4 tablespoonfuls ginger sirup
3 tablespoonfuls non-alcoholic sherry flavoring

Scald the cream in a double boiler, remove from fire and add the sugar and salt. Cool and add the preserved ginger, the ginger sirup and the non-alcoholic sherry flavoring. Put in ice-cream container and freeze, using three parts of ice to one part coarse freezing salt. Turn the crank slowly but steadily for the first five minutes to insure a smooth cream and then turn more rapidly. Do not fill the ice-cream compartment more than two-thirds full.

* *

Mint Ice

Five sprigs of fresh mint and one-half cupful of juice of fresh lemons. Lemon extract will not do. Soak the mint in the lemon juice for one-half hour and then strain off the juice. Dissolve one-half cupful of confectioners' sugar in four cupfuls of water and add to this the strained lemon juice. Add to this a bit of green vegetable coloring, one-fourth teaspoonful of peppermint extract and pour into a freezer and pack. Freeze and serve in stem glasses with green cherries.

* *

Marron Ice Cream

Freeze broken pieces of marron in plain vanilla ice cream, allowing one cupful of marrons to one quart of cream. Serve with a small amount of the sirup from the marrons as a sauce over the cream.

* *

Orange Ice Cream

1½ quarts cream
1¼ cupfuls sugar (or more to taste)
Pinch of salt
3 tablespoonfuls lemon juice
3 cupfuls orange juice and pulp

Scald the cream in a double boiler, then remove from fire and add the sugar and salt. Allow to cool, and add the orange juice and pulp and the lemon juice. Put in ice-cream container and freeze, using three parts of ice to one part coarse freezing salt. Turn the crank slowly but steadily for the first five minutes to insure a smooth cream and then turn more rapidly. Do not fill the ice-cream compartment more than two-thirds full.

* *

Raspberry Mousse

To one cupful of sweet cream, whipped stiff, add one cupful of sugar, one cupful of raspberry juice and the juice of one lemon. Put in a pail and then pack in ice and salt, allowing it to stand four hours.

* *

Lemon Meringue Rice Pudding

5 tablespoonfuls rice
1 quart milk
Butter the size of an egg
2 tablespoonfuls sugar
4 eggs
1 lemon
5 tablespoonfuls sugar for meringue
2 tablespoonfuls chopped walnuts

Wash rice in several waters. Put the milk on to boil, add the butter, rice and two tablespoonfuls sugar. Boil slowly until rice is soft, stirring often. When done, cool slightly. Beat the yolks of the eggs until lemon-colored and add to the rice. Add grated rind of lemon and stir all together. Butter a pudding dish which holds more than a quart and pour this mixture in.

Make a meringue by beating the whites of eggs until stiff. Then beat in the five tablespoonfuls sugar gradually and keep beating for a few minutes, adding the lemon juice a little at a time. Add one-quarter teaspoonful baking powder while beating the meringue. More sugar may be added to suit the taste. Now spread this meringue on the rice mixture with a fork, sprinkle a little powdered sugar on top and the chopped nuts over it. Place in oven under the broiler, watching constantly until delicately browned. This is to be eaten cold and will serve six.

* *

Rhubarb Pudding Prepare the stalks as for pie, cover the bottom of a buttered pudding dish with slices of bread and butter and cover with rhubarb cut into short pieces. Sprinkle generously with sugar and then put on another layer of bread and butter and so on until the dish is full. Cover and steam, while baking, for half an hour. Remove the lid and bake ten minutes or until browned. Serve with hot or cold sauce.

Hot Sauce Whites of two eggs beaten stiff, to which one cupful powdered sugar has been added gradually. Beat well. Add one-fourth cupful hot milk, continuing the beating, and lastly one teaspoonful of vanilla.

Cold Sauce

Beat three-fourths of a cupful of cream slightly and gradually add one-third of a cupful of powdered sugar, while beating constantly, and when the sauce is stiff enough to hold its shape, add a few drops of vanilla.

* *

Angel Food

Whites of twelve eggs
1½ cupfuls granulated sugar
1 cupful pastry flour
1¼ teaspoonfuls cream of tartar
1 teaspoonful vanilla

Beat the eggs until stiff and dry, add cream of tartar and continue beating, sift flour and sugar six times and add gradually. Mix well. Add vanilla and turn into an ungreased angel-cake pan and bake in slow oven exactly one hour. Invert to cool.

* *

Banana Cakes

½ cupful butter
Yolks of 3 eggs
1 cupful sugar

Cream and add to the above materials three tablespoonfuls of sour cream with which has been mixed one-half teaspoonful of soda. Next add one cupful of flour and the whites of two eggs and then add one cupful of flour mixed with two teaspoonfuls of baking powder. Add one cupful of mashed bananas and fill buttered gem pans with the mixture. Bake in a moderate oven until the cake leaves the sides of the pan. The batter may be baked in layer-cake pans, if preferred. If icing is desired, and with the layer-cake type it is almost sure to be needed, an uncooked white icing may be used to advantage.

* *

A "White" Cake

1 cupful butter
2 cupfuls sugar
4 eggs
3 cupfuls flour
4 teaspoonfuls baking powder
½ teaspoonful salt
1¼ cupfuls milk
1 teaspoonful grated nutmeg
1 teaspoonful vanilla

Cream butter, add sugar and beat until light and creamy. Beat egg yolks, until light-colored and thick and add to the butter mixture. Blend thoroughly. Then add alternately the milk and the flour, the latter having been sifted with the salt, nutmeg and baking powder. Mix thoroughly but do not beat. Add the vanilla and lastly fold in the stiffly beaten egg whites. Bake in three layers in a moderate oven of from 350 to 375 degrees.

* *

A "Dark" Cake

Cream one-half cupful of butter and one cupful of sugar. Beat the yolks of four eggs until thick and lemon-colored and add gradually another cupful of sugar. Combine the mixtures. Add alternately one cupful of sweet milk and two and two-thirds cupfuls of flour with which have been sifted five teaspoonfuls of baking powder and one-half teaspoonful of salt. Mix these ingredients well and then add the beaten whites of four eggs, four squares of unsweetened chocolate (melted) and one-half teaspoonful of vanilla. Bake from thirty to forty minutes in a moderate oven in square cake pans.

* *

Caramel Cake

½ cupful butter
1½ cupfuls sugar
2 beaten egg yolks
1 cupful cold water
Vanilla
3 tablespoonfuls caramel sirup
2 rounded teaspoonfuls baking powder
Whites of 2 eggs beaten stiff and dry
2½ cupfuls of flour

To obtain the caramel sirup place a cupful of sugar on the stove in an iron frying pan, brown it carefully to a golden brown liquid, add very slowly a half cupful of hot water and let stand for five or ten minutes.

For the cake mixing, cream the butter and add the sugar, then the yolks of the eggs well-beaten. Beat these combined ingredients thoroughly. Add two cupfuls of flour with the water, beat again very thoroughly, then add the flavoring, the sirup and the last half cupful of flour, with which has been sifted the baking powder. Cut in the well-beaten whites of the eggs and bake in two buttered layer cake tins in a moderate oven for about twenty minutes.

* *

Chocolate Nut Cake

1/3 cupful shortening
2 cupfuls sugar
4 eggs
1 cupful milk
2 1/3 cupfuls flour
4 teaspoonfuls baking powder
¼ teaspoonful salt
2 squares melted chocolate
¾ cupful English walnuts broken in pieces
1 teaspoonful vanilla

Cream shortening and add one cupful sugar gradually. Beat egg yolks thick and light and add remaining cupful sugar. Combine mixtures and add melted chocolate. Mix and sift flour, baking powder and salt, add to first mixture alternately with milk. Add nut meats sprinkled with flour and then add the vanilla. Cut and fold in whites of the eggs beaten stiff. Bake in layers and frost with butter cream icing.

* *

Sour Milk Chocolate Cake

1 cupful sugar
1 tablespoonful shortening
1 cupful sour milk
1 teaspoonful soda
3 teaspoonfuls grated chocolate
1 teaspoonful salt
1½ cupfuls flour

Mix in order given and pour into low flat pan and bake slowly. Frost with one cupful sugar, one egg white, three tablespoonfuls water. Cook in double boiler seven minutes, beating with egg beater continually.

* *

Date Cake

1 egg
2 tablespoonfuls butter
1¼ teaspoonfuls salt
1 cupful sugar
1 teaspoonful soda
1¼ cupfuls boiling water
2 cupfuls flour
2 teaspoonfuls baking powder
1 cupful stoned and chopped dates
1 cupful chopped nut meats
½ teaspoonful vanilla

Pour one-quarter cupful boiling water over dates and let stand while mixing cake. Cream butter and stir in sugar. Add egg, well-beaten. Mix and sift flour, salt, soda and baking powder. Add to first mixture. Add boiling water and beat until smooth. Add dates, nuts, slightly sprinkled with flour, and vanilla. Mix thoroughly and turn into an oiled and floured cake pan. Bake thirty-five minutes in a moderate oven. Cover with icing, as preferred.

* *

Gingerbread

1 cupful molasses
2/3 cupful boiling water
1 level teaspoonful soda
1 teaspoonful ginger
Pinch of salt
½ cupful butter
½ cupful lard
1 egg
½ teaspoonful cinnamon
1 pint flour

Dissolve the soda in the boiling water and mix the spices with the flour. Add the egg, well-beaten, and the molasses, melted, with the shortening. Bake in a medium oven and serve hot. This may be served with whipped cream or may be cooled and iced with a white or special chocolate icing.

* *

Cookie Dessert

Whip one pint of cream and then place one of the cookies, which are very thin, in the palm of the hand and mound some of the whipped cream on it to the extent of about a half inch. The cream is to be sweetened slightly and flavored with just one drop of vanilla. Then place another cookie on the top of the cream and pile a half inch of cream on it. This is repeated until there are about five cookies in the hand. Carefully place these on the table and repeat the operation twice, until there are fifteen of these little segments of cookies and cream. Place these three divisions together making a long tube-like affair and place it in a bread pan where it will run from end to end of the pan. This pan is then to be covered and placed in the refrigerator for about twenty-four hours. The cookies will swell and the cream be absorbed. There will be a roll that has become semi-solid and that can be easily sliced. It is to be sliced on the diagonal for serving.

* *

Chocolate Ice-Box Cake

2 ounces unsweetened chocolate
¼ pound granulated sugar
4 tablespoonfuls cold water
4 well-beaten egg yolks

Put the chocolate in top of double boiler to melt; then add sugar and the egg yolks beaten with the cold water. Stir the mixture occasionally and cook until very thick. Remove from fire and chill. In the meantime, prepare the following:

¼ pound butter
1 cupful sifted powdered sugar
½ cupful chopped walnuts
1 teaspoonful vanilla
4 stiffly beaten egg whites
½ lb. lady fingers

Cream the butter, add the sugar and beat thoroughly to make a creamy, light mixture; then add the nuts and vanilla. Mix thoroughly the first and second mixtures, then add the beaten egg whites.

Use a melon mold or spring form and line bottom and sides with lady fingers, separated and placed so that the round side is next to the pan. Pour into this part of mixture, then a layer of lady finger halves, alternating with mixture and lady fingers until all of the filling is used. Cover the top with lady fingers, in fancy design, if desired. Place in refrigerator for twenty-four hours. When ready to serve remove rim of form, leaving tin on bottom of cake. Decorate with sweetened whipped cream and candied or maraschino cherries.

* *

Peanut Kisses Shell and remove the brown skins from a half pint of peanuts. Chop or roll rather fine with a rolling pin. Beat the whites of four eggs to a stiff froth, but not until dry. Add carefully two cupfuls of granulated sugar and stir in the nuts. Drop by teaspoonfuls onto oiled paper. Bake in a moderate oven until a golden brown.

* *

Marron Layer Cake Use drained marrons in sufficient quantity to make one-half cupful when broken in pieces. Cream one-half cupful of butter with one cupful of granulated sugar, add three egg yolks, well-beaten, and then alternately one and three-quarters cupfuls of flour with which has been sifted two and three-quarters teaspoonfuls of baking powder, with a half cupful of sweet milk. Add a pinch of salt, the whites of two eggs beaten stiff and the broken marrons which have been lightly sprinkled with flour. Bake in two layers using a moderate oven for about twenty minutes and spread with a soft white icing.

* *

Nut Cake

1 cupful melted butter
2 cupfuls sugar
½ cupful milk
3 eggs
3 cupfuls sifted flour
1½ teaspoonfuls baking powder
1 cupful walnuts broken in pieces

Cream butter and sugar. Add the egg yolks, well-beaten, and then the milk alternately with the flour with which the baking powder has been sifted. When all are in add the nuts sprinkled with a bit of flour and then fold in the egg whites. Bake in a moderate oven until the cake leaves the sides of the pan.

* *

Pineapple Layer Cake

Cream one-half cupful of butter and one cupful of sugar together until light and add two well-beaten egg yolks. Mix and sift two cupfuls of flour, one-fourth teaspoonful of salt and four teaspoonfuls of baking powder. Add alternately with three-fourths cupful sirup drained from crushed pineapple. Fold in two stiffly beaten egg whites. Bake in moderate oven twenty to twenty-five minutes.

* *

Potato Fudge Cake

4 eggs
1 cupful butter
2 cupfuls sugar
1 cupful grated raw potato
2 squares bitter chocolate
Grated rind of 1 lemon
½ teaspoonful each allspice, cloves and cinnamon
½ cupful milk
2¼ cupfuls flour
2¼ teaspoonfuls baking powder
½ cupful chopped almonds

Cream shortening, add sugar gradually, then beaten egg yolks and potato. Sift flour, measure, add dry ingredients and lemon rind. Use part of flour to dust the chopped almonds. Add the milk and dry ingredients alternately, then

the melted chocolate and nuts. Fold in egg whites last. Bake slowly one hour in oven 325 degrees F.

* *

Sour Cream Cake

2 eggs
1 scant cupful sugar
1 cupful sour cream
1½ cupfuls flour
1 level teaspoonful soda
1 teaspoonful vanilla

Add sugar to beaten eggs, then cream, flour, soda and vanilla. Bake in two layers or small loaf. Put together with any filling or icing. Keeps moist for one week.

* *

Spanish Cake

½ cupful butter
1 cupful sugar
2 egg yolks
½ cupful milk
1¾ cupfuls flour
3 teaspoonfuls baking powder
1 teaspoonful cinnamon
1/3 cupful chopped walnut meats
2 egg whites

Cream the butter and sugar and add the yolks of the eggs beaten with the milk. Sift the flour, baking powder and cinnamon and mix with the walnuts. Add to the first mixture. Fold in the beaten whites of the eggs last of all and bake in layers in a moderate oven. Spread with mocha icing.

* *

Upside Down Cake

Take a large iron frying pan and melt one tablespoonful of butter and one cupful of brown sugar. Put in as many slices of pineapple as will lie flat in the bottom of the pan and in between the slices, and in the holes, place halves of walnut meats. Pour over this a small amount of sponge cake batter and bake slowly in the oven. Turn out on a chop plate and cut in pieces. Serve hot or cold with whipped cream covering the top.

* *

Sponge Cake

2 egg yolks
1 cupful sugar
Pinch of salt
Whites of 3 eggs
1 tablespoonful hot water
1 cupful flour
2 teaspoonfuls vinegar
1¾ teaspoonfuls baking powder

Beat the yolks of the eggs until they are thick and light yellow. Add the sugar slowly and keep up the beating. Next add the water (still beating) and the flour mixed and sifted with the other dry materials. Add the whites of the eggs beaten stiff and then the vinegar. Beat all together well. Turn over the pineapple and nuts in the pan for the upside down cake and bake in a moderate oven for approximately thirty-five minutes.

* *

Butter Cream Icing

Cream ¼ pound of butter with 4 cupfuls of finest grade confectioner's sugar, a pinch of salt, 1 teaspoonful vanilla and 4 tablespoonfuls of cream. Beat thoroughly.

* *

Chocolate Icing (Soft)

Cut 4 squares bitter chocolate into small pieces and put into saucepan. Add 1 cupful sugar and 1½ cupfuls of milk. Bring to boiling point, stirring constantly. Mix 3 tablespoonfuls of cornstarch with two tablespoonfuls of cold water; add slowly to first mixture, stirring until thickened. Remove from fire. Add two tablespoonfuls of butter and 1 teaspoonful of vanilla. Cool and spread.

* *

Whipped Cream Cake

Whip one cupful of sweet cream. Beat three egg whites until stiff and mix with the cream. Add one-half cupful water and one teaspoonful of vanilla. Then add a little at a time, two cupfuls of pastry flour, three teaspoonfuls of baking powder, one-half teaspoonful salt and one and one-half cupfuls of sugar, which have been sifted together twice. Beat well, pour into two greased and floured layer cake pans and bake in a medium oven for thirty minutes. When cool, ice with a white icing.

* *

White Almond Cake

Whites of 8 eggs
1½ cupfuls sugar
3 cupfuls pastry flour
2 teaspoonfuls baking powder
2/3 cupful butter
1 cupful milk
1 teaspoonful almond flavoring

Level measurements. Pack butter in cup to get the correct measure. Cream butter and sugar until very creamy and fluffy. Sift the flour, then measure, add the baking powder and sift three or four times. Beat whites stiff with wire whisk, having added a pinch of salt to them. Proceed as usual and bake in a moderate oven.

Frosting

2 cupfuls powdered sugar
2 ounces melted butter

Hot water to moisten. Add one cupful marshmallow whip and one teaspoonful almond extract. Beat well. If too stiff, add just a trifle more water. Blanched almonds may be used to decorate. Frost when cake is cold.

* *

White Cake with Mocha Nut Frosting

½ cupful butter
2 cupfuls granulated sugar
1 cupful sweet milk
3 cupfuls flour
4 rounded teaspoonfuls baking powder
Whites of 4 eggs
¼ teaspoonful almond (or vanilla) flavoring

Cream the butter until soft and light and add sugar gradually, continuing to cream until the whole is of a smooth consistency. Add the flour, with which has been sifted the baking powder, and the milk alternately, and then add the flavoring. Bake in layers in a moderate oven until the cake leaves the sides of the pan and is done when tested with a clean straw. Frost with the following icing.

Mocha Nut Frosting

1¼ cupfuls brown sugar
1/3 cupful cold water
¼ cupful granulated sugar
½ teaspoonful vanilla
1/3 cupful broken walnut meats
Whites of 2 eggs
Pinch of salt

Boil the sugars with the water until the mixture spins a thread when dropped from a spoon. Beat the egg whites stiff and pour the sirup over them slowly, and continue the beating until the material is of spreading consistency. Add nut meats, salt and flavoring and spread over cake with the back of a spoon leaving a rough, uneven surface.

* *

Brownies

1½ squares chocolate
2 tablespoonfuls butter
1 teaspoonful vanilla
1 cupful sugar
2 eggs
½ cupful flour
1 small cupful chopped nuts, or nuts and raisins

Melt chocolate with shortening. Add vanilla and sugar and beat. Add well-beaten eggs, flour and nuts. Pour into shallow pans and bake fifteen to twenty minutes. When cool cut in squares.

* *

Cocoanut Drops

1 egg white
½ pound cocoanut
¼ pound sugar

Powdered sugar should be used. Beat egg light and gradually add sugar and cocoanut. Drop on buttered paper far apart and bake about eight minutes.

* *

Chocolate Nut Cookies

1 tablespoonful ground chocolate
1 cupful chopped nuts
1 cupful seeded raisins
1 cupful sugar
1 egg
2 tablespoonfuls butter
½ cupful milk
1¾ cupfuls flour
1 level teaspoonful soda
Vanilla

Cream the butter and sugar and add the egg well-beaten. Mix flour, soda, chocolate and add alternately with milk. Stir in the nuts, raisins and vanilla. Drop in buttered tins from a teaspoon and bake in a moderate oven until done.

* *

Cream Cheese Cookies

1 cream cheese
½ pound sweet butter
4 tablespoonfuls sugar
2 cupfuls flour
1 egg
1 tablespoonful milk
Chopped almonds

Soften butter and add cheese. Sift flour and add, then sugar, and knead well. Place in refrigerator overnight. In the morning roll out very thin and cut in shapes. When cookies are in tin, brush with egg thinned with milk. Sprinkle with nuts and a little granulated sugar. Bake in hot oven and watch carefully. This should make about 100 cookies.

* *

Nut Cakes

1 cupful chopped English walnuts
1 egg
1 cupful brown sugar
Butter the size of an egg
½ cupful flour
1 teaspoonful vanilla

These ingredients are simply mixed together and dropped from a teaspoon onto a buttered pan and baked in a moderate oven until done to the touch or when tried with a straw.

* *

Pecan Cookies

2 cupfuls brown sugar
1 cupful butter or lard
2 eggs
2 teaspoonfuls soda
1 teaspoonful cream of tartar
1 teaspoonful vanilla
1 cupful pecan nuts
3 or 4 cupfuls flour (enough to make real stiff)

Mix and mold into a roll and chill overnight in the refrigerator. In the morning slice into cookies and bake. Other nuts may be used instead of pecan nuts. Dough will keep about a week, to be baked as needed.

* *

Rock Cookies

1 cupful butter
1½ cupfuls light brown sugar
3 eggs
1 level teaspoonful soda
1 cupful chopped nut meats
½ cupful raisins
½ teaspoonful ground cloves
½ teaspoonful cinnamon
2½ cupfuls flour

Cream the butter and sugar together and add the well-beaten eggs. Next add the soda dissolved in a tablespoonful of boiling water. Mix flour and spices, sift over the raisins and nut meats and add to the first mixture. Drop on buttered tins from a teaspoon. Bake in a moderate oven.

* *

Cup Cakes

Cream together well one cupful butter and two cupfuls sugar, then add the beaten yolks of four eggs. Add alternately three cupfuls sifted flour and one cupful milk. Mix a little of the flour with one tablespoonful of baking powder and add this last. Then fold in the stiffly beaten whites of four eggs, one-half teaspoonful lemon extract or one-half teaspoonful vanilla. Bake in muffin tins. These may be iced or sprinkled with powdered sugar.

* *

Date Cakes

½ cupful shortening
1 cupful brown sugar
2 eggs
1 cupful dates
½ cupful milk
2 cupfuls flour
4 level teaspoonfuls baking powder
½ teaspoonful cinnamon
¼ teaspoonful nutmeg

Cream shortening and sugar. Add eggs, well-beaten, and then the milk alternately with the flour to which the spices and baking powder have been added. Add dates, stoned and cut in pieces. Beat well and bake in muffin tins about twenty minutes.

* *

Orange Doughnuts

Scant ½ cupful shortening
2 egg yolks
1 egg white
6 tablespoonfuls sugar
1 teaspoonful cream of tartar
Rind of one orange (grated)
1 lb. flour
½ teaspoonful salt
½ cupful milk
½ teaspoonful soda

Mix together and sift all dry ingredients; add milk and, lastly, eggs, well-beaten. Roll out and cut with doughnut cutter. Fry in deep, hot fat; drain and roll in granulated or powdered sugar.

* *

Marguerites Take soda crackers or wafers, spread with butter enough to make nuts adhere; chop nuts and raisins fine and spread on crackers. Make a boiled icing and spread over; brown delicately in oven. Chocolate may be added to part of the icing, also cocoanut, to make a variety.

* *

Small Orange Cakes

1/3 cupful butter
¾ cupful sugar
Yolks of 2 eggs
½ cupful milk
1½ cupfuls flour
2 teaspoonfuls baking powder
¼ teaspoonful salt
½ orange (juice and rind)
Whites of 2 eggs

Cream the butter, adding the sugar gradually. Beat both well together. Beat the yolks of the eggs into the mixture. Sift flour, salt and baking powder into the mixture alternately with the milk. Flavor with the orange juice and rind. Fold in the beaten whites of the eggs last of all and bake in a set of very small muffin tins or in a sheet and cut into desired shapes. Ice with the following icing.

Orange Icing Melt two ounces of butter and add powdered sugar to the butter until it has formed a semi-solid mass. Add a bit of hot water or cream to soften the mass, just a very little, possibly a half tablespoonful in quantity, and add the juice and rind of one-half orange. Spread over cakes and allow to harden before serving.

* *

Cheese Straws (Fried) One cupful of grated cheese, one-half cupful of milk, one-half teaspoonful of baking powder, pinch of salt, flour enough to roll thin. Cut some in rings and some in

strips and fry in sizzling hot lard. When done put straws in rings and make little bundles.

* *

Chocolate Éclairs Put one-half cupful of butter and one cupful boiling water in a sauce pan and bring to the boiling point. Then sift in one cupful of flour and beat vigorously. When this mixture forms a ball and does not stick to the pan, turn it into a bowl and allow to cool about three minutes. Then beat in thoroughly three unbeaten eggs, one at a time. Reserve a little egg for the top. Put mixture through a pastry bag, onto a greased baking sheet, and make the éclairs about one inch wide and four inches long. Brush with the egg reserved from the mixture diluted with one teaspoonful of milk and bake in a moderate oven about thirty-five minutes. When cold, cover with a chocolate icing. Whip stiff one-half pint of cream, add one-half teaspoonful of vanilla and two teaspoonfuls of pulverized sugar. Slit the sides of the éclairs, fill with whipped cream and serve.

* *

Lemon Tarts Roll any pie pastry (the richer the better) to one-eighth of an inch in thickness and bake in individual forms. Before baking tart shell brush the bottom with egg white. Mix together two tablespoonfuls of flour and one cupful of sugar. Add to them slowly one cupful of boiling water and cook until mixture is clear and smooth. Stir constantly. Add one tablespoonful of butter and the yolks of two eggs beaten slightly, also the juice and the rind of one lemon. Then fold in the white of one egg beaten stiff and cook a few minutes longer. Pour into tart shells.

* *

Pineapple Turnovers

1½ cupfuls sifted flour
½ teaspoonful salt
Pinch of baking powder
Ice water
1 cupful lard
1 can grated pineapple

Sift the dry materials, cut in the lard and when well blended add just sufficient ice water to hold the granulations together. Roll out this paste, dot it with butter, fold dough together as an envelope. Fold once more. Then roll out thin and cut in four-inch squares. Brush with flour, spread with the pineapple to which a small amount of sugar has been added (to taste), fold over into triangles and bake in a quick oven.

* *

Rhubarb Tarts

Tart shells may be made of any rich pastry dough by covering the sections of an inverted muffin tin with dough. Roll the dough rather thin, trim the edges and prick with a fork to prevent blistering. Bake in a hot oven. When done fill the tart shells with the following mixture. Cook together, in a double boiler, one pint of washed rhubarb, cut in small pieces, and one cupful of sugar. Cook until rhubarb is tender, then add to it one-quarter pound of prunes, washed and stewed with two tablespoonfuls of sugar and the grated rind of half a lemon. When prunes are combined with the rhubarb, cook together for five minutes, fill the tart shells, cover with meringue and place in oven until meringue is a light brown.

* *

Strawberry Tartlets

To each cupful of flour required add a level half cupful of vegetable fat, one-half teaspoonful of salt, and gently mix with the tips of the fingers. When the materials are thoroughly mixed and separated into little granulations add sufficient ice water to bind them together. Roll out,

handling as little as possible. Dip a fluted round cutter in flour and cut into shapes. With a smaller cutter cut out half of these shapes in the center, forming rings. Place these rings on the larger portions, previously brushing the edges of the latter with a little water to make the rings stick. Press them down gently. Let them chill for fifteen minutes and bake in a moderate oven. When done, brush the tops with an egg yolk beaten with a few drops of water. Wash and hull strawberries, sprinkle with powdered sugar and allow to stand a half hour, then place in tart shells and cover with whipped cream, if desired.

* *

Banana Pie with Pineapple or Orange

3 bananas
2 eggs
1 cupful sugar
1½ cupfuls milk
3 teaspoonfuls cornstarch
2 oranges or 1 medium-sized can pineapple

First prepare the custard. Then mash or rice the bananas and add to the custard. Put the filling in baked bottom pie crust and add the 2 oranges, diced, or the pineapple. Cover with meringue and place in oven to brown.

* *

Cantaloupe Pie

½ pound brown sugar
½ dozen sticks cinnamon
1 pound firm cantaloupe—thinly sliced
1 tablespoonful whole cloves

Cook these ingredients until thick. Line a pie pan with paste and partly bake and then line the shell with some of the above preserve. Pour over this a custard made of two cupfuls milk, three tablespoonfuls cornstarch, two cupfuls brown sugar, two tablespoonfuls butter and four egg yolks, cooked until firm. Cover with meringue and return to the oven to brown.

* *

Lemon and Apple Pie

1 lemon, peeled and chopped fine
Pinch of salt
2 apples, peeled and chopped fine
1 cupful of sugar
1 egg beaten
1 tablespoonful butter

Mix the ingredients, the egg well-beaten, and bake between two crusts for thirty minutes. Serve when thoroughly cooled.

* *

Lemon Pie

1 lemon, juice and grated rind
1/3 cupful of sugar
½ cupful thick cream
5 eggs
Pinch of salt

To the lemon juice and rind, sugar and thick cream add the beaten yolks of five eggs. Beat well and cook in double boiler to thick paste. Add salt. Then add the stiffly beaten whites of two eggs and 2 tablespoonfuls of sugar. Fold lightly but thoroughly into custard, and bake in pie shell.

Meringue To three egg whites beaten stiff add six tablespoonfuls of sugar, cover pie and brown.

* *

Lemon or Orange Chiffon Pie

6 eggs
1 cupful sugar
1½ lemons or oranges
3 tablespoonfuls sugar in meringue

Thicken in double boiler yolks of eggs, whites of four eggs, sugar and juice of lemons or oranges. Pour into cooked pie shell, cover with meringue made of remaining two egg whites and sugar. Brown in oven.

* *

Deep Dish Peach Pie

Bake a pie shell in a deep glass baking dish. Fill the shell with canned peaches which have been cut into thin slices and drained. Pour over the peaches a small amount, not to exceed one-third cupful, of sugar and water sirup cooked to spin a thread. When cool dot with whipped cream or a meringue; the latter, of course, to be browned before serving.

* *

Pineapple Cheese Pie

¼ pound cottage cheese
2 tablespoonfuls flour
½ cupful granulated sugar
1 tablespoonful cornstarch
1 tablespoonful butter
1 egg
Pinch of salt
¾ cupful milk

Mix thoroughly flour, sugar, cornstarch and salt. Break butter in small pieces into the cheese, add egg, well-beaten. Add mixture of dry ingredients and mix. Put through a ricer, if one is available, or through a coarse strainer. Add milk and mix thoroughly.

3 tablespoonfuls granulated sugar
½ cupful crushed pineapple
1 teaspoonful cornstarch

Heat pineapple and sugar in double boiler. When boiling, stir in the cornstarch, dissolved in a little water or cold pineapple juice.

Spread the pineapple evenly over the bottom of an unbaked shell. If the hot pineapple is used, it should be allowed to cool in the shell before adding the custard mixture. Then carefully pour the custard over the pineapple to about one-quarter of an inch from the top of the shell. This should be done on the oven shelf, so as to prevent the pineapple and cheese mixing. Dust cinnamon over the top and bake at 400 degrees to 425 degrees F. for forty-five minutes.

* *

Raisin Pie

To each cupful of flour required add a level half cupful of vegetable solid or fat (known by either term) and one-half teaspoonful of salt. Gently mix with the tips of the fingers. When the materials are thoroughly mixed and separated into little granulations, add sufficient ice water to bind them together, roll out, handling as little as possible, and remove only enough paste for one crust from the bowl at a time. Line a pie pan and fill it with the following raisin mixture. Soak two cupfuls of raisins for an hour or two and cook them until tender in the water in which they were soaked. Before placing on the fire, add a half cupful of sugar. When done, leave sufficient juice just to cover the raisins. Add to this a tablespoonful of flour, juice of one orange, and half a lemon and cook until thick. A top crust may be added to the pie and cooked in a hot oven. If desired, top crust may be omitted and a meringue added when the pie is done.

* *

Rhubarb Pie

Skin and cut the root end of the stalks from sufficient fresh rhubarb to make a cupful and a half of material when cut in small pieces. Mix a scant cupful of sugar with a beaten egg and add to it two tablespoonfuls of flour. Add this mixture to the rhubarb and blend the two thoroughly. Bake between crusts that have been rolled to extreme thinness, for this pie, of all pies, requires a delicate case to hold its deliciousness.

* *

Sour Cream Pie

2 egg yolks beaten light
2/3 cupful sugar
1 cupful sour cream
½ cupful seeded raisins
2 tablespoonfuls flour
¼ teaspoonful lemon extract
¼ teaspoonful ground cinnamon
¼ teaspoonful cloves
2 egg whites beaten light
4 tablespoonfuls sugar

Beat part of the sugar into the yolks and part into the cream, then beat the two together. Beat in the flour, extract, and spices, and turn into pie plate lined with pastry as for custard pie. Bake until firm in the center. Beat the egg whites, gradually beat in the sugar and spread over the pie. Bake in a moderate oven ten minutes.

* *

Lemon Delight Pie

1 cupful boiling water
1 tablespoonful butter
1 lemon
4 eggs
¾ cupful sugar
2 tablespoonfuls flour

Put boiling water in pan with butter and grated rind of one lemon. Mix sugar and flour thoroughly and add to the four well-beaten egg yolks. Add this mixture gradually to the boiling water and cook for a few minutes, stirring constantly. Add lemon juice. Beat the whites of two eggs and fold into the mixture. Pour into baked crust, beat two remaining whites and pile on top of pie. The meringue is made by beating egg whites until stiff, gradually adding a tablespoonful of sugar and lemon juice or vanilla to flavor.

* *

"Please . . . *I'm* not dieting!"

BRIDGE PARTY SUGGESTIONS

†

AFTERNOON

1

Salad for Twelve
Saltines
Salted Pecans Mints
Coffee
Cream Sugar

2

Lobster Salad in Tomatoes
Cheese Biscuit
Salted Nuts
Tea or Coffee
Lemon or Cream Sugar

3

Creamed Sweetbreads on Small
Toasted Squares
Pimiento and Cream Cheese Sandwiches
Olives Nuts
Coffee

4

Salted Mixed Nuts
Candies
Marron Ice Cream Brownies
Coffee
Cream Sugar

EVENING

5

Lobster Newburgh
Hot Rolls
Quartered or Sliced Tomato
with Parsley Garnish
Coffee
Cream Sugar

6

Creamed Chicken with Asparagus
Tips in Patty Shells
Minced Pickle Sandwiches
Swiss Cheese Sandwiches
Salted Nuts Mints
Coffee

7

Green Pepper Salad
Stuffed With Cream Cheese
Brown Bread Cucumber Sandwiches
Fruit Gelatin with Whipped Cream
Nut Cookies
Coffee

8

Crabflake Salad
Hot Biscuit
Zwiebach Nut Cake
Mints
Coffee
Cream Sugar

9

Tomato Rarebit
Minced Ham Sandwiches
Apricot Fluff
Cornflake Kisses or Nut Macaroons
Coffee
Cream Sugar

10

Cucumber Aspic Salad
or
Asparagus Aspic Salad
Hot Rolls or Toasted Nut Bread
Marble Cake
Coffee
Cream Sugar

11

Chicken Salad
Toasted Bread with Minced Ham Filling
Angel Cake with Orange Icing
Coffee
Cream Sugar

12

Creamed Mushrooms in Patty Shells
Sliced Tongue
Brown Bread
Pickles Olives
Devil's Food Cake Coffee
Cream Sugar

Suggestions When serving sandwiches it is always well to remember that the smaller the sandwich the more appetizing its appearance. Sandwiches made with bread cut in thick slices can never be dainty. The crusts must be removed and the finished sandwiches cut in triangular and rectangular shapes rather than all in squares. Open face sandwiches are always attractive and should be garnished with bits of pimiento, parsley, slices of stuffed olives, nuts, et cetera.

* *

"Service please"

INFORMAL DINNERS

1

Olives
Cream of Celery Soup
Baked Westphalian Ham
Spinach with Cheese
Glazed Sweet Potatoes
Tomato Aspic Salad
Hot Biscuit
Chocolate Ice-box Cake
Coffee

2

Celery Olives
Tomato Juice Cocktail
Chicken en Casserole
Sweet Potatoes with Pineapple
String Beans
Supper Rolls
Dressed Watercress with French Dressing
Lemon Meringue Pie
Coffee

3

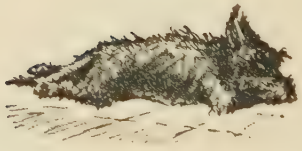
Consommé
Toasted Crackers
Celery
Rolled Shoulder of Lamb
Roast Potatoes Creamed Cucumbers
Whole Wheat Bread
Butter
Carrot Pudding with Hard Sauce
Coffee

4

Sardine Canapé
Olives Salted Nuts
Roast Duck with Apple Sauce
Rice Croquettes, Maple Sirup
Steamed Squash
Dressed Lettuce Salad
Cranberry Tarts
or
Ice Cream Spanish Cake
Coffee

5

Fruit Cup
Celery Salted Nuts
Boiled Beef Tongue
Chard or Spinach
Riced Potatoes
Stuffed Tomato Salad
Orange Ice Nut Cakes
Coffee
Mints



"But when do *I* eat?"

CALORIES AND WEIGHT CONTROL

†

ARE YOU ANXIOUS TO LOSE WEIGHT?

It is not necessary to have special meals in order to lose weight. By eating fewer calories at each meal, you can control your weight without inconvenience to yourself or your family. The hundred calorie portion of foods listed will help you figure the amounts of foods in terms of calories.

The diet should contain generous servings of fruits and vegetables to supply the necessary vitamins and minerals and be low in fats in order that the body may use its own fat for fuel. All rich desserts, pastries, candies, etc., should therefore be avoided. Bulky foods, such as lettuce, tomatoes, spinach and other greens, cabbage, asparagus, etc., satisfy the hunger without adding greatly to the caloric total. A pint of skimmed milk daily is invaluable because of its great food value. A cupful of clear tea or bouillon between meals will also be helpful in banishing that "empty feeling" known to every dieting person.

A diet of 1200-1400 calories per day will generally bring about a reduction of two pounds each week. The inclosed menus may be used as a guide in planning others, as many variations may be made from day to day.

Water to which a little lemon juice has been added is beneficial before breakfast. Very little water, if any, should be taken at meals, but it may be taken freely at other times.

A diet of one quart of buttermilk or skimmed milk, with a few bran biscuits and nothing else one day a week, is very

beneficial. Exercise is also important and a long, brisk walk should be taken every day.

These suggestions, of course, are only for those with no organic difficulty and whose overweight is caused by faulty eating habits. All others should consult a physician as to their dietary.

Reducing Menus

	Calories	
Breakfast:		
Orange—1 medium	65	
Egg—1 poached or boiled	75	
Toast—1 slice, thin	50	
Butter—½ pat	50	
Coffee, with 1½ tablespoonfuls of hot skimmed milk	10	250
10.30 A.M.		
Bouillon—1 cupful	25	25
Luncheon:		
Asparagus—10 stalks with 1 teaspoonful butter	80	
Saltines—3	50	
Cottage Cheese Salad—1½ tablespoonfuls Cheese, as much Lettuce as desired, and Mineral Oil Dressing	45	
Apple—1 medium	65	
Milk (skimmed)—1 glassful	80	320
Dinner:		
Tomato Soup (clear)—½ cupful	50	
Roast Beef—slice, 5″ x 5″ x ¼″	200	
Spinach, buttered—½ cupful	40	
Baked Potato (eaten with skin)—one medium	100	
Butter—½ pat	50	
Celery and Lettuce Salad with Mineral Oil Dressing	—	
Pineapple, 1 slice and 3 tablespoonfuls juice	100	
Coffee or Tea (clear)	—	540

10 P.M.

Hot skimmed milk—1 glassful.....	80	80
Total Calories		1215

†

DO YOU WISH TO GAIN WEIGHT?

The usual cause of underweight is a diet inadequate in either the quantity or quality of food taken, so that in order to effect a steady increase in weight in this case, it is necessary to take more food than is actually required, to allow for storage.

A poor appetite, a small capacity for food as well as constant fatigue, which makes eating an effort, may all be contributory causes and, in these cases, it is sometimes better to take several small meals each day, rather than very large amounts three times a day.

Where underweight is due to some chronic ailment, it is necessary first of all that the cause be removed or the condition remedied in so far as possible.

Cream, butter, malted milk, whole milk, egg yolk and honey are nourishing additions to the diet and, in most cases, easily digested. Fruits and vegetables must not be neglected, even though their caloric value is not as high as some other foods. They contain the vitamins and minerals which are so essential to good health. Olive oil is often very helpful and from one to two tablespoonfuls may be taken after each meal.

Remember to increase the quantity of food gradually, adding more day by day until the desired weight has been attained.

The following menus, built upon the same general plan as the reducing diet, will illustrate how the two diets differ.

Menus to Gain Weight

	Calories	
Breakfast:		
Orange—1 medium	65	
Oatmeal—½ cupful with	50	
Cream—¼ cupful	100	
Sugar—1 teaspoonful	20	
Egg—1 poached or boiled	75	
Bacon—2 thin strips	50	
Toast—2 slices, thin	100	
Butter—1 pat	100	
Milk—1 cupful	160	720
Luncheon:		
Asparagus—5 stalks with	25	
Cream Sauce—2 tablespoonfuls	50	
Saltines—6	100	
Jelly—1 tablespoonful	100	
Cottage Cheese Salad—1½ tablespoonfuls Cheese, as much Lettuce as desired and 1 tablespoonful Mayonnaise	145	
Baked Apple—1 large with	200	
Cream—¼ cupful	100	
Milk—1 cupful	160	880
Dinner:		
Cream of Tomato Soup—1 cupful	250	
Roast Beef—slice, 5″ x 5″ x ¼″	200	
Gravy—2 tablespoonfuls	50	
Spinach, buttered—½ cupful	40	

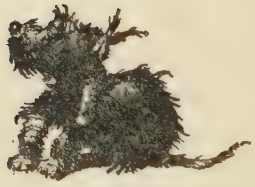
Baked Potato—1 medium	100	
Whole Wheat Bread—2 slices	200	
Butter—1 pat	100	
Celery and Lettuce Salad with 1½ tablespoonfuls French Dressing	100	
Pineapple—1 slice and 3 tablespoonfuls juice	100	
Cocoa (1 cupful milk)	250	1390
Total Calories		2990

Caloric List

The following portions of foods contain 100 calories:

Apple, 1 large
Apple Sauce, ⅜ cupful
Apple (baked), ½ large and 1 tablespoonful juice
Berries, 1 cupful
Cherries (stoned), 1 cup
Grapes, 20
Grapefruit, 1
Orange, 1 large
Peaches (canned), 2 large halves and 3 tablespoonfuls juice
Pears (canned), 3 halves and 3 tablespoonfuls juice
Prunes, 4 medium
Egg, boiled or poached, 1 large
Graham bread and toast, 1 slice, ½ x 4 x 5 inches
Whole Wheat bread and toast, 1 slice, ½ x 4 x 5 inches
Saltines, 6
Bouillon, 4 cupfuls
Chicken Broth (clear), 1 cupful
Consommé, 4 cupfuls
Tomato Soup (clear), 1 cupful
Vegetable Soup, 1 cupful
Milk (whole), ⅝ cupful
Milk (skimmed), 1⅛ cupful
Cottage Cheese, 5½ tablespoonfuls (level)
Butter, 1 tablespoonful
Cream, ¼ cupful
Asparagus, 20 stalks
String Beans, 2 cupfuls
Cabbage (raw), 5 cupfuls
Carrots, 4 small
Cauliflower, 1 small head
Celery, 30 stalks
Corn (canned), 1/3 cupful
Cucumbers, 2, 7 inches long
Lettuce, 2 heads
Peas (canned), ¾ cupful
Potatoes (baked), 1 medium
Tomatoes (canned), 1¾ cupfuls
Ham (boiled), 1 slice
Hamburg Steak, 1 cake
Mackerel (broiled), medium portion
Beef (lean), 2 ounces
Lamb Chop, 1

Roast Beef (lean), slice, 2½ x 2½ x ⅛ inch
Roast Lamb (lean), slice, 4½ x 3½ x ⅛ inch
Sausage, 2 small
Cake (chocolate), piece, 2½ x 2½ x 1 inch
Custard (cup), 1/3 cupful
Ice Cream, ¼ cupful
Pie (Apple), 1½ inches at outer edge
Pie (Lemon), 1 inch at outer edge
Sugar, 2 tablespoonfuls (level)
Mayonnaise, 1 tablespoonful (level)



"Not a *biscuit* in the house?"

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Spice Cookies

1 cup butter

2 cups brown sugar

5 eggs

2 cups flour

1 tablespoon cinnamon

1/2 teaspoon cloves

1/2 cup water